



GROUP WELLNESS CLASS DESCRIPTIONS – Nov 2019

CLASS NAME	CLASS DESCRIPTIONS	Count
Above the Barre	A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.	1
Above the Barre Express	A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.*Express classes are shortened versions of full classes	2
AOA - Cardio Fitness	Combine fun with fitness to increase your cardiovascular endurance.	3
AOA - Chair Yoga	This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges - all postures are done standing near or seated in a chair.	4
AOA - Strength	Move to the music through a variety of seated and standing exercises designed to increase muscular strength, range of movement, balance and activity for daily living skills.	5
AOA - Yoga	This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques.	6
Aqua Fitness	A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.	7
Aqua Fitness - Mixed Depth	Experience a complete workout by traveling the full length of the pool from shallow to deep water to enhance your cardiovascular and strength training.	8
Aqua Zumba®	Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body-toning.	9
Arthritis & Injury Programs - Aqua Fitness	This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body. This is a comfortable,	10
Ballroom and Swing Dance Class	Come to the Y on Tuesday evenings to learn some basic ballroom and swing dance! This 4-week class will teach you basic step patterns and how to lead and follow. It is a fun opportunity to meet others in a relaxed atmosphere.	11
Bollywood - Boot Camp	This dance fusion class is made up of high and low intensity cardio dance movements that is set to world pop music. Concluding with a full body strength segment utilizing a variety of equipment, this class will give you a great workout and teach you dances from other cultures.	12
Bollywood Fitness	Inspired by the high-energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise components to create a complete body workout. You will have fun, feel energized and get fit all at the same time!	13
Boot Camp	Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.	14
Cardio Strength	This highly energetic class incorporates a full-body workout that targets all of the major muscle groups by integrating strength training with a cardio aerobic workout.*May use step platform	15
Circuit Training	Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.	16
Core Strength	This class will increase stability and balance by targeting your core muscles-abs, back and legs, using a variety of techniques.	17
Cycle - All Levels	Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.	18

CLASS NAME	CLASS DESCRIPTIONS	Count
Cycle - Beginner	Specifically designed for those new to cycle class. Instructors will assist with bike set-up, posture and cycling technique. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.	19
Cycle - Express	Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.*Express classes are shortened versions of full classes	20
Cycle - Power Pedal	High-intensity interval training for intermediate to advanced cyclists.	21
Dance - Adaptive Programs	Dancing can be a great emotional release and form of expression and communication. The mixing of musical, physical, and social components in an adaptive dance class can provide a non-threatening environment in which participants can further develop new skills. *Referral Required	22
Enhance@Fitness	Maintain health and function through dynamic cardiovascular exercise, strength training, balance, and flexibility. Helping active older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This is a 16-week program, meeting 3 times a week. You can enroll in	23
H.I.I.T.	High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout.	24
H.I.I.T. Express	High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout. *Express classes are shortened versions of full classes.	25
HIGH Fitness	Strong, simple, easy-to-follow choreography with plyometric-type interval training (jump squats, burpees, tuck jumps etc.). Options are given for all ages and stages to meet your fitness needs.	26
Line Dancing	Learn the popular line dances of the past and present. A great way to exercise both your mind and body. It's also a fun way to dance socially without needing a dance partner.	27
LIVESTRONG® at the YMCA	LIVESTRONG® at the Y is a small-group 12-week training program that helps adult cancer survivors re-claim their health and well-being following a cancer diagnosis. Through this program YMCAs are creating communities among cancer survivors and guiding them through safe physical activity, helping them	28
Lose to Win - Weight Loss	Participating in Lose to Win is a great way to learn sustainable ways to eat healthier, move more, and lose weight. There are no gimmicks and no restrictive approaches just the tools you need to make the necessary changes in your lifestyle to achieve your weight loss goals. This program discusses the	29
Meditation	Train your mind like you train your body for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.	30
Moving for Better Balance	Improve your balance, mobility, walking and mental well-being in this adapted Tai Ji Quan program. You'll learn a variety of movements tailored to train, balance and controlling body movements for performing daily activities. Participants are encouraged to wear comfortable clothing and shoes. Chairs will be	31
NIA®	Enhance your physical, mental, emotional and spiritual well-being through the expressive movements of NIA, a mind, body, spirit fitness and lifestyle practice.	32
Pedaling for Parkinson's	Research based pedaling class for Parkinson's patients. Participants use heart rate monitors to track appropriate pace. Doctor referral needed.	33
Pilates - Mat	This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position.	34
Pilates - Pop Pilates	This class is a powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.	35
Roll & Restore	Take time to relax your body and mind with Myofascia release combined with restorative yoga. Fascia is the layer that surrounds each of your muscles which can get tight and cause significant pain throughout your body. At the same time you will work through a restorative yoga sequence to help bring relaxation to your body and mind. You don't need any experience with yoga to come to this workshop, it is ideal for anyone who wants to feel just a little better in their body.	36
Small Group Training - Pilates Reformer	This small group is designed with your specific needs in mind. The Pilates Reformer is a piece of equipment that provides resistance with a series of springs and ropes. In this small group setting, you will develop stronger, leaner muscles and increase your overall flexibility. Space is limited to 4 students to enable our instructor to correct and modify for all fitness levels and ages.	37
Small Group Training - Stamina, Balance and	In this 8-week small group training series, you will work on building strength, power balance, core and agility. The high intensity workout will help you burn fat and make you less prone to injury.	38
Small Group Training - TRX®	Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.	39

CLASS NAME	CLASS DESCRIPTIONS	Count
Small Group Training - Women on Weights	Women on Weights is a 8-week series tailored for women, using various free weight equipment. You will learn how to put together a strength training program, how to properly use free weights, and how to manage your progression. Participants will leave the class confident in the weight room, with a	40
Small Group Training-Private	Small Group Training sessions are led by a certified instructor and each session focuses on a specialized format such as strength training, endurance, or core.	41
Step Step - Advanced	Enjoy fun, low-impact step aerobics using different speeds and choreography on and off the step.	42
Step & Strength	Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step, finishing with strength training and core.	43
Strength Training - Barbell Pump Express	This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you'll sculpt, tone and strengthen your entire body as you squat, press, lift and curl.	44
Strength Training - Barbell Pump	This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you'll sculpt, tone and strengthen your entire body as you squat, press, lift and curl. *Express classes are shortened versions of full classes	45
Strength Training - Express	Strengthen and tone your muscles using weights and other resistance equipment in this class. *Express classes are shortened versions of full classes.	46
STRONG by Zumba®	STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five	47
Total Body Conditioning	This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. Define muscles by alternating workouts using weights, balls, bands, barbells, battle ropes, kettlebells and other equipment.	48
Tai Chi First Section	Daily practice of Tai Chi brings many benefits including improved strength, coordination, posture, concentration and a greater energy level. As the Form is presented in a sequential manner, adding one new movement each week, regular participation is preferable.	49
Yoga - Adaptive	This class emphasizes the experience within postures, not simply physical accomplishments. Dynamic awareness moves through the mind body relationship both with and without muscular action. *Referral Required.	50
Yoga - All Levels	This method of yoga practice integrates both body and mind through safe alignment and balanced breathing. Build up your strength, stability, and postural integrity while practicing mindfulness and breath awareness.	51
Yoga - Family	Enjoy family time while gaining strength and flexibility.	52
Yoga - Gentle	Traditional yoga poses are modified with an emphasis on a slower pace and the use of props to ease stress and relax the body.	53
Yoga - Hatha	Hatha yoga focuses on alignment and breath to gently calm the mind and release tension in the body.	54
Yoga - Little Fliers	This parent/child yoga class is ideal for kids ages 3-7. You and your child will learn a variety of fun games as well as several partner yoga poses that you and your child can practice together regularly. Class participation is one adult with one child. Registration will be done under the child's name. The fee is per adult/child pair.	55
Yoga - Power Vinyasa	A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.	56
Yoga - Roll and Restore	Take time to relax your body and mind with Myofascia release combined with restorative yoga. Fascia is the layer that surrounds each of your muscles which can get tight and cause significant pain throughout your body. At the same time you will work through a restorative yoga sequence to help bring relaxation	57
Yoga - Vinyasa	Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.	58
Yoga - Yin	Yin Yoga targets muscular tissue, ligaments, bones and joints that may not be normally exercised in a more active yoga practice. This class typically focuses on the connective tissues of the hips, pelvis and lower spine. Students remain in postures anywhere from one to five minutes or more. Ideal for all yoga	59
Zentangle Workshop	The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The process of creating a Zentangle piece of art allows you to practice mindfulness meditation. Our monthly workshops are lead by a Zentangle Certified instructor and are open to	60
Zumba®	Zumba® is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.	61
Zumba® Gold	Just as fun as Zumba®, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners!	62

CLASS NAME	CLASS DESCRIPTIONS	Count
Zumba® Toning	A Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels. This class adds light free weights to traditional Zumba®.	63