



## **YMCA of Washington County - Group Fitness Classes**

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- Fitness class levels:
- 1) Low intensity and/or low impact
  - 2) Moderate intensity and/or moderate impact
  - 3) High intensity and/or high impact

### **SPIN CYCLING (1-3)**

Experience the addicting effects of group cycling. Ride to the rhythm of powerful music while you take on the terrain and go the distance. Your inspiring coach will lead you through a workout that will leave you wanting to come back for more! You take it to your fitness level. (60 min, 45 min and 30 min.)

### **BOOT CAMP (2-3)**

Challenge brings change! Improve your fitness level as you shape your body in this positive and motivating group training. Different workouts every session keep your body guessing while building lean muscle and improving your endurance. (60 min.)

### **POWER PUMP (1-3)**

Challenge all your major muscle groups using barbells and dumbbells. Great music, motivating instructors and your choice of weight will inspire you to get the results you came for. Define your muscles, shape your body and burn calories! (60 min. and 30 min. class options)

### **BODY FIT (2-3)**

This class combines strength training and cardio in a HIIT format to burn fat and increase lean muscle mass. A variety of workouts will keep your metabolism on fire! Change your body shape and improve your fitness level! (60 min.)

### **TBC – Total Body Conditioning (2-3)**

Improve your overall strength and boost your cardiovascular capability. Workouts are a combination of athletic intervals that utilize weight variety to keep your heart rate up and your body in motion! Become more athletic as you perform exercises tailored to all aspects of total body fitness. (30 or 60 min.)

### **WOD - workout of the day (1-3)**

This class is designed to increase your physical strength through weight-bearing exercises for all the major muscle groups. Participants will enjoy a variety of exercises using dumbbells, kettlebells, bar bells and more. Improve your strength levels with these full body workouts using different exercises, sequences, and repetitions. (60 min.)

### **30/30 (1-2)**

This class is a great mix of both cardio and strength. The first 30 minutes of class will get your heart rate up with a cardio workout on the spin bike. The last 30 minutes will work your muscles with a full body strength circuit.

### **CARDIO/CORE (1-2)**

Sculpt your body and strengthen your core. You will utilize a variety of cardio exercises and machines to get a calorie burn, and core exercises to strength you abdominal and spine stabilizer muscles. (60 min.)

### **QUICK HIIT (2-3)**

30 minute session that incorporates full-body exercises, which are done in short bursts, followed by short rest periods. Geared towards fat loss! (30 min.)

### **HIIT'n Roll (1-3)**

30 minutes of High Intensity Interval Training that alternates short periods of anaerobic exercise with recovery periods. Anaerobic exercises can be cardio or strength movements.

### **BODY SCULPT (1-2)**

Sculpt your physique with this challenging whole body strength class. Create definition and shape your body! Choice of weight levels to accommodate all fitness levels. (45 or 60 min.)

### **CORE & MORE (1-2)**

Strengthen and condition your core muscles...and more! In this class you will work your abdominal and low back muscles. Additional exercises incorporate the lower body as a way to strengthen your core! (30 or 45 min.)

### **PILATES (1-3)**

This low intensity workout is great for working on flexibility, mobility, and posture. Strengthen all of your muscles with this floor based workout. (30 or 45 min.)

### **YOGA (1-2)**

Rejuvenate your mind and body as you improve your flexibility, strength and balance in this serene class atmosphere. Increasing awareness of your body, breath and mental focus. All levels welcome. (60 min.)

### **YOGA FLOW (1-2)**

Vinyasa style yoga that connects postures together with breath. Flow seamlessly from one movement to the next while mindfully connecting with your breath. Finish with a relaxing Savasana for a well-balanced mind and body. (60 min.)

### **YOGA STRONG (1-2)**

This class incorporates small hand weights and bodyweight strength work into Yoga movements. Work all the major muscle groups for a full body workout, with time to stretch at the end. Small hand weights 1-8lbs. are recommended. (45 or 60 min.)

### **CHAIR YOGA (1-2)**

This chair based style of yoga is great for beginners or those with limited mobility. While seated or using a chair for balance, come and enjoy this gentler form of yoga. (30 min.)

### **POUND (1-2)**

Channel your inner rock star with this full body cardio-jam session inspired by the infectious and energizing fun of playing the drums. Lightly weighted drumsticks designed specifically for exercise, transforms drumming into an effective full body workout. (30 min.)

### **LINE DANCING (1-2)**

This class will introduce many of the basic movements of line dancing. A line dance is a choreographed dance with a group of people move in a repeating sequence of steps in a line or row. A fun way to dance socially without a dance partner. (60 min.)

### **SENIOR FIT (1-2)**

Join a community of seniors and older adults for a total body workout appropriate for all levels. Class is designed to increase balance, flexibility/ range of motion and coordination to better execute daily functional activities. (30 min. and 60 min. class options)

**All group fitness classes are FREE to members!!**