



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD YMCA

Adult Fitness Class Descriptions

Fall Session

September 5-October 22, 2017

Abs & Strength— This total core workout will strengthen and tone your abs and back while improving posture and core strength. **Beginner—Advanced. Fee: Y Members FREE, Non-Members \$70.**

Bootcamp— Strength train your body in a new and challenging way! This class combines dynamic cardiovascular movements focusing specifically on muscular endurance exercises. Both the upper and lower body are moving at all times during strength exercises, adding a great cardio workout to your weight training routine! **Beginner—Advanced. Fee: Y Members FREE, Non Members \$70.**

Cardio Dance and Sculpt—Cardio Dance & Sculpt will consist of 45 minutes of easy-to-follow choreographed, dance-based moves designed to improve cardiovascular endurance and overall strength. **Beginner—Advanced. Fee: Y Members FREE, Non Members \$70.**

Cardio Buffet—Step, Hi-lo, Kickboxing, and more will be offered on a rotating basis for your Saturday workout. **Beginner—Advanced. Fee: Y Members FREE, Non-Members \$70.**

Chair Yoga— Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70.**

Circuit Training—Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "*circuit*" is one completion of all exercises in the program. **Beginner—Advanced. Fee: Y Members FREE, Non-Members \$70.**

Core Conditioning— Core Conditioning builds strength focusing on the abs and back. Add this class to your aerobic workouts to achieve a balanced workout plan. No warm-up here - be ready to work! **Beginner—Advanced. Member Free, Non-Members \$35.**

Cycle Boot Camp— Are you ready for the challenge? Your instructor will lead you through an intense 45 minute interval style indoor cycling, boot camp. This class will consist of cycling intervals with rotations of boot camp styled moves including a variety of exercise such as burpees, squats, push-ups and much more! Your body will be challenged from head to toe! **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70.**

Cy-Yo—Experience the ideal combination, 40 minutes of indoor cycling followed by 30 minutes of Yoga! Cycling will build cardiovascular endurance while Yoga will focus on opening the shoulders, hips, and hamstrings in addition to building core strength. Please arrive 5-10 minutes early to adjust your bike. **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70.**

Drum and Core— Connect with your true rhythm in life combining drumming, music, rhythm and movement. Drumsticks, fitness balls, hands and drums are all you need to bring fun back into fitness. **Beginner—Advanced. Fee: Y Members FREE, Non-Members \$70.**

Group Cycle—Indoor group cycling will take you on incredible journeys that will challenge your spirit, mind, and body while on a studio cycling bike. From beginner to advanced, you are sure to work hard in this time efficient work out. Please arrive 5-10 minutes before class to set up your bike. **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70.**

Senior Fit—This program can help maintain an independent lifestyle by improving cardiovascular conditioning, range of motion, flexibility, coordination, strength, and quality of life. **Beginner—Intermediate. Fee: Y Members FREE, Non-Members \$70.**

Senior Fit Boot Camp with a Twist—This interval style program can help you maintain an independent lifestyle by improving cardiovascular conditioning, range of motion, flexibility, coordination, strength, and your quality of life; intervals will include cardio, strength and functional exercises. **Beginner—Intermediate. Fee: Y Members FREE, Non Members \$70.**

Silver Sneakers - This class focuses on chair aerobics and strength exercises to help improve strength, range of motion and balance. Silver Sneakers members welcome as well as regular members. Great for beginners! **Beginner. Fee: Y Members FREE, Non-Members \$70.**

Step & Sculpt - Step & Sculpt is a high-energy class that alternates between intermediate/advanced step choreography integrated with muscle conditioning workouts for a total body workout. The class will be utilizing body bars and hand weights to maximize your workout. **Beginner -Advanced. Fee: Y Members FREE, Non-Members \$70.**

Strength -Condition the total body through strength and endurance exercises using resistance equipment such as hand weights, body bars, resistance bands, steps, and exercise balls . **Beginner -Advanced. Fee: Y Members Free, Non Members \$70.**

Strength & Conditioning - This fitness class offers total body exercises aimed at developing strength and flexibility. Mats, dynabands, and hand weights are used. **Beginner—Advanced. Fee: Y Members FREE, Non-Members \$70.**

Strength & Flexibility - Exercises aimed at strengthening all the major muscle groups followed by a series of stretches to increase overall flexibility. Dumbbells, bodybars, and dynabands will be provided. This is a great class for the beginner weight lifter. **Beginner—Advanced. Fee: Y Members FREE, Non-Members \$70.**

Stretch, Balance & Core -Stretch Balance and Core will focus on stretching deep muscles, improving balance and increasing core strength. Benefits from participating in this class may help improve daily quality of life, increased flexibility and circulation, improved body alignment, decreasing stress and tension and injury prevention. **Beginner - Advanced. Fee: Y Members Free, Non Members \$70.**

Stretch & Relaxation -Discover yourself and find ways to relax by utilizing stretches and holding simple yoga poses to open up your muscles and relax both mind and body. Students will quickly discover that relaxation is just as important as working hard! **Beginner -Advanced. Fee: Y Members FREE, Non Members \$70.**

Tabata -Tabata is a high intensity form of interval training that involves completing 6-10 exercises at maximum intensity for 4 minutes each (20 seconds completing the exercise at a high intensity, with 10 seconds of rest completed for a total of 4 minutes per exercise). If you are looking for a challenging cardio and strength workout, this one's for you! **Beginner -Advanced. Fee: Y Members FREE, Non Members \$70.**

Tai Chi Mixed Levels - Tai Chi is based on the ancient martial arts and involves non-contact movement. It is a smooth, gentle form of exercise that addresses the musculoskeletal system, as well as respiratory, cardiac and organ systems. Posture and alignment are key elements. Tai Chi also addresses balance, flexibility, strength, calmness and peace. The class includes warm up exercises, Qigong (the cultivation of our internal energy) and introduction to Tai Chi form(s). In this Beginner class we address basic principles and have lots of time for pleasant repetition. Participants may stand, sit or hold on for support as needed. **Beginner -Advanced. Fee: Y Members \$25, Non Members \$70.**

Toning—A strength training class focusing on improving total body strength. Class uses hand weights, steps, body bars and bands! **Beginner—Intermediate. Fee: Y Members FREE, Non-Members \$70.**

Total Fit—Total Fit is designed for the busy person that wants to start their morning with a complete workout with an emphasis on cardiovascular endurance. Class will focus on increasing cardiovascular endurance with strength segments; balance, core work, and stretching will also be included. A variety of equipment will be used including: a variety of weights, resistance bands, and balls. Basic choreography is used in this all-in-one workout. **Beginner—Intermediate. Fee: Y Members FREE, Non-Members \$70.**

Turbo Kick—Get hooked on the Turbo high with certified Turbo KICK instructor Jana! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned and have a blast doing it! It's high intensity, fast-paced, and totally addicting! **Intermediate - Advanced. Fee: Y Members FREE, Non-Members \$70.**

Turning Point Program—Supportive fitness and Yoga classes to help decrease stress in a format designed specifically for breast cancer patients and survivors. Increase your ROM, strength, balance & flexibility. Choose one or all three classes. Sponsored by Susan G. Komen. Class is limited to breast cancer patients or breast cancer survivors only. The first year for participants is free of charge. **FREE for breast cancer survivors.**

Vinyasa /Slow Flow /Yoga—Build confidence and body awareness with yoga. Connect movement with breathing in this gently flowing yoga class with an emphasis on alignment. Gain strength, flexibility and body awareness. **Beginner—Intermediate. Fee: Y Members \$25, Non Members \$70. Yoga Bundle Available**

Water Aerobics—All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water. Water Aerobics & Stretch includes water stretching. **Beginner—Advanced. Fee: Y Members FREE**

Yoga for Beginners—Build confidence and body awareness with yoga. Yoga emphasizes the development of flexibility and relaxation by adapting the body to standing and floor yoga postures which fit individual needs. Beginner yoga and deep stretch are most ideal for the beginning yoga student. **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70. Yoga Bundle Available**

Zumba—Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout! Zumba combines high energy and motivational music with unique music and moves that allow participants to dance away their worries. Join the Zumba party! **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70. Zumba Bundle Available**

Zumba Gold—Get groovin at your own pace with Zumba Gold! This easy-to-follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves for active older adults. **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70. Zumba Bundle Available**

Zumba Toning—Similar to Zumba, Zumba Toning is a fusion of Latin and International music using weighted sticks for increased muscle tone. Join the Zumba party! **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70. Zumba Bundle Available**

-You may register for classes online at www.ymcaoflansing.org/parkwood, by calling 517-827-9680, or by visiting our Member Service Desk.

-For additional information on classes, call the Parkwood YMCA Member Service Desk at 517-827-9680.

-For specific questions, comments and concerns regarding fitness classes, please contact Renee Tilley at 517-827-9688 or rtilley@ymcaoflansing.org