



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Summer 1 2017 Fitness Class Descriptions

**Adult Dance Cha Cha** The Cha Cha is a popular Latin partner dance that uses the triple step movement similar to swing, without the up and down pulse of swing, but rather with a style of knee and hip movement that makes the dance feel like the rhythm of the lively Latin music. The class will consist of group instruction to introduce basic patterns, timing and partnership techniques. Practice time to appropriate music will be included, along with individual help as needed. Additional variations will be added as the class progresses. Course taught by NDCA certified instructor. Member: \$25 Guest \$70

**Aqua Fit** This exercise program helps increase joint mobility while focusing on stretching, gentle strengthening techniques and light aerobic activity while in the pool. Member: Free Guest: See Welcome Center

**Barre** Barre is the fastest, most effective way to change your body. A total body workout, Barre lifts your seat, tones your thighs, abs, and arms, and burns fat. Member: \$25 Guest: \$70

**Cardio Strength** Get a total body workout that focuses on strengthening the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps, and resistance balls  
Member: Free Guest:\$70

**Crossbody** Start your day off with a kick-butt workout, class will include TRX Suspension, kettlebell, step, kickboxing, strength training more! Member: \$25 Guest: \$70

**Deep Water Aerobics** Deep water aerobics will give you a great workout with absolutely no impact on your joints. Uses floatation belts to provide buoyancy. Must be comfortable in deep water.  
Member: Free Guest: See Welcome Center

**Enhance Fitness** Improve your strength, balance, flexibility, and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC. Meets three days a week. Member: \$25 Guest: \$50

**Group Cycle** This class will simulate riding various types of terrain. Enjoy sprinting, climbing, interval training and more! Member: \$25 Guest: \$70

**Group Cycle Bundle** Enjoy your favorite cycling classes unlimited at all 5 Lansing YMCA branches.  
Members \$60 Non-Members \$150

**Kettlebell** Functional, compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure. Member: \$25 Guest: \$70

**Kettle-Core** Rise and Shine and have a killer workout. Kettlebells provide functional, compound exercises working multiple muscle groups simultaneously. With a dash of core intermixed this class will guide you through an intense workout. Member:\$25 Guest:\$70

**Kickboxing:** Through exercises and drills we will explore fundamentals common to kickboxing and many martial arts. We will work on improving mobility, speed, coordination, strength and stamina. A full body workout with added benefits! Hand wraps recommended. Member: FREE Guest: \$70

**Martial Arts** 2-hour class uses various martial art forms including Muay Thai-Kick Boxing, Tai Chi, Kick boxing and more. Member: \$75 Guest: \$100

**Muscle Strength** Condition the total body through strength and endurance exercises using resistance equipment such as hand weights, body bars, resistance bands, steps, and resistance balls.  
Member: Free Guest: \$70

**PiYo® Live!** Class combines the muscle-sculpting, core-firming benefits of Pilates with the strength & flexibility of yoga. We crank up the music, the speed, and the fun to give you an intense, low-impact workout that will burn calories for a long, lean, beautiful physique. Member: \$25 Guest: \$70

**Silver Sneakers** This class can help you maintain an independent lifestyle and is appropriate for individuals who are fit and active as well as those who are sedentary, or unfamiliar with exercise.  
Member: Free Guest: \$70

**Step Strength** This class combines all your favorites: step, kickboxing, strength training and many more! Member: Free Guest: \$70

**Stronger Longer** In this class you will improve your cardiovascular conditioning, range of motion, flexibility, coordination and strength. Geared for the active older adult. Member: Free Guest: \$70

**Turning Point Fitness & Yoga** Designed specifically for breast cancers survivors. Participants are evaluated individually, creating a program just for them. Participation is free for all breast cancer survivors.

**Water Aerobics** Enjoy an aerobic workout with less stress on your joints. Great for all ages. Swimming skills are not required. Member: Free Guest: See Welcome Center for pricing

**Yoga** Yoga develops strength, flexibility and relaxation by adapting the body to postures which fit individual needs. Member: \$25 Guest: \$70

**Yoga Flow** This class will build strength through slow, focused movements, will increase flexibility and range of motion via flowing movements and deep stretching. Member: \$25 Guest: \$70

**Yogalaties-** This fusion of yoga poses and Pilates is a sure way to get you looking good and feeling great! Member:\$25 Guest:\$70

**Yoga/Pilates Bundle** Enjoy your favorite yoga and Pilates classes unlimited at all 5 Lansing YMCA branches. Members \$60 Non-Members \$150

**Zumba** Routines feature aerobic/fitness interval training with a combination of fast and slow Latin dance rhythms. Members: \$25 Guest: \$70

**Zumba Gold** ZUMBA Gold is for the active, older or de-conditioned adult. It provides choreography that can safely and easily be learned. Member: \$25 Guest: \$70

**Zumba Bundle** Enjoy your favorite cycling classes unlimited at all 5 Lansing YMCA branches. Members \$60 Non-Members \$150

**Program Cancellation and Refunds Policy:** Operation of all scheduled activities depend on minimum enrollment and are subject to cancellation at any time. If the Y cancels a class you will be given a full refund or credit. If a participant withdrawals from a program prior to the start date a full credit will be applied. Dropping a program after it has started will result in a pro-rated credit applied to your account based on the date of the cancellation. Credit will be kept on your account for 1-year and may be used for programs, or merchandise at the branch where the offered.