



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD YMCA

Adult Fitness Class Descriptions

Summer Session

May 30th—July 16, 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.**

Adventure Bootcamp— Adventure Bootcamp is a high intensity, dynamic exercise class focusing on functional movements in an outdoor environment. A constantly varied, challenging workout that enhances your strength, cardio-respiratory endurance, coordination, agility and more. Novice to advanced. Class is limited to 23 people. **Fee: Y Members 25, Non-Members \$70. Class runs June 14-August 2**

Body Sculpting—Build lean muscle mass with low impact cardio to increase metabolism and strength training to sculpt arms, legs, and abs. Steps, physioballs, body bars, weights, resistance bands, and great music provide a fun and challenging workout. **Beginner—Intermediate. Fee: Y Members FREE, Non Members \$70.**

Bootcamp— This fitness class offers total body exercises with a bootcamp format, developing strength in a new way. Mats, dynabands, and handweights are used. **Beginner—Advanced. Fee: Y Members FREE, Non Members \$70.**

Cardio and 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. **Beginner—Advanced. Fee: Member FREE, Guest \$70**

Cardio Buffet—Step, Hi-lo, Kickboxing, Cardio Bullet 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.**

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.**

Functional Training—Previously called “Cross Fusion” or “Cross Fit”, Functional Training is a high intensity, dynamic exercise class focusing on functional movements that are scalable for people of all fitness levels, from beginner to athlete. A constantly varied, challenging workout that enhances your strength, cardio-respiratory endurance, coordination, agility and more. Functional Training will keep you and your body guessing every time! **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 workout. Please arrive 5-10 minutes before class to set up your bike. **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70.**

PIYO—PIYO is a full-body workout that helps build strength, endurance, and flexibility through a blend of Yoga and Pilates. It's perfect for someone just starting or someone super-fit. As we become more fit, the more flexibility training we need to continue to build muscle, this workout is a calorie-torching way to safely stretch and get long, lean muscles. **Beginner—Advanced. Fee: Y Members \$25, Non-Members \$70.**

Ready to Ride—Bike riding is not just for children. It is a great way to reconnect with friends, have fun your children, and meet new friends while getting a cardio and strength workout. This mini session will transition from indoor cycling to outdoor cycling. Learn bike safety, emergency repairs on the road and road safety. **Beginner—Advanced. Fee: Y Members FREE, Non-Members \$70.**

Senior Fit—This program can help maintain an independent lifestyle by improving cardiovascular conditioning, range of motion, flexibility, coordination, strength, and your quality of life. **Beginner—Intermediate. Fee: Y Members FREE, Non-Members \$120.**

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 \$120.**

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 intergraded with muscle conditioning workouts for a total body workout. The class will be utilizing body bars, hand weights and Plyoballs to maximize your workout. **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; benefits include: increased flexibility and circulation, improved body alignment, decreasing stress and tension and injury prevention. **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.**

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.**

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. **Fee: Y Members \$25, Non Members \$70.**

Toning—A strength training class focusing on improving total body strength. Class uses dumbbells, 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.**

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.**

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, Non-Members \$125.**

Women on Weights—Learn new techniques, workouts and functional fitness with this class. Class is designed specifically for women. Your instructor will teach the fundamentals of resistance training and teach you plenty of new exercises as you go. **Beginner—Intermediate. Fee: Y Members \$29, Non Members \$80. Class runs June 14-August 2**

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