



## Fall Fitness Class Descriptions

Session Dates: 10/23-12/10

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Active Older Adults** This program can help maintain an independent lifestyle by improving cardiovascular and strength training. Member: Free / Prospective Member: \$70

**Butts & Guts** In this class you will tone your legs, butt and stomach. Get ready to sweat and use your own body weight while incorporating weights, tubes and more for a great workout. Member: Free / Prospective Member: \$70

**Bootcamp** Bootcamp is designed to challenge you physically and mentally. This class is based on military-type exercises, circuit training and core training. Member: Free / Prospective Member: \$70

**Cardio Blast** Cardio Blast is for all fitness level participants. Participants will get a great cardiovascular workout using a variety of exercises using physio-balls, dumbbells, medicine balls and body weight exercise to help you reach your fitness goals. Member: Free / Prospective Member: \$70

**Cadence & Core** Using a studio cycle with a weighted flywheel and a combination of core exercises this heart pounding workout will challenge you and push you to new levels of fitness. Please arrive early to set-up your bike. Member: \$25 / Prospective Member \$70

**Cardio Boxing** Participants will learn proper stance and technique for throwing punches and kicks. Get your heart rate up with this exhilarating class and challenge yourself! Hand wraps or boxing gloves are required for this class and participants must provide their own. Member: \$21 / Prospective Member: \$70

**Cardio Drumming** 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. Member: \$21 / Prospective Member: \$70

**Barre Burn** Develop long, lean muscles and define your core with this class that will rock your world! Focus on small muscle movements to really feel the deep burn! Member: \$25 / Prospective Member: \$70

**Beginning on the Blacktop** Want to start lifting weights but don't know where to begin? Don't fear the blacktop! Kim will help you learn all the basics so you can feel confident and strong. Member: \$25 / Prospective Member: \$70

**Bike & Barre** Combine intervals of heart pounding spin with defining barre movements for a class that will work you from head to toe! Member: \$25 / Prospective Member: \$70

**Easy Ride** Participants will be guided for a easy to moderate ride. Perfect for beginners, used for cross training, cardio seekers. Member: \$15 / Prospective Member: \$70

**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. This health seeker Class is appropriate for individuals beginning a fitness program. Member: \$25 / Prospective Member: \$50

**Fit and Fabulous Over Forty** This combo aerobic/strength training class offers exercises for your total body and will increase your flexibility. Whether you're new to exercise or you've been away for a while, this class provides a safe, friendly atmosphere where you can achieve your goals. Recommended for those who are 40+ years of age. Beginners welcome. Member: Wed. \$21/ Fri. \$10.50 / Prospective Member: Wed. \$70/ Fri. \$35

**Functional Training** 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. Member: \$21 / Prospective Member: \$70

**Lengthen & Strengthen** Lengthen and strengthen your body through a combination of stretch, body weight, Pilates and yoga! Member: \$25 / Prospective Member: \$70

**Mix It Up** This class combines all your favorites: step, kickboxing, strength training and many more! Member: Free / Prospective Member: \$70

**Runner's Conditioning: Speed/Hillwork** Take your running to the next level by adding speed work and hill work to your weekly running routine. This class will challenge both intermediate and advanced runners by incorporating speed interval training and hill repeats customized to your running ability. Note this class runs outside rain or shine and Tot Watch is available. Member free / Prospective Member \$70

**Small Group Training w/Karen** Work out with a small group and get the benefits of Personal Training. 4 Week Sessions for groups of 4 Trainer: Karen Barnett Member \$80 / Prospective Member \$150

**Silver Sneakers** This class focuses on chair aerobics and strength exercises to help improve strength, range of motion, and balance. Member: Free / Prospective Member: \$70

**Spinning (30, or 60 minutes)** Using a studio cycle with a weighted flywheel, this heart pounding workout will take you on incredible journeys that challenge your spirit, mind and body.  
30 mins Member: \$15 / Prospective Member: \$70  
60 Mins Member \$25 / Prospective Member \$70

**Spintastic Strength & Core/Cadence & Core** Using a studio cycle with a weighted flywheel and a combination of core exercises this heart pounding workout will challenge you and push you to your new levels of fitness. Member: \$25 / Prospective Member: \$70

**Step and Sculpt** 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 plyo balls to maximize your workout. Member: Free / Prospective Member: \$70

**Strength & Balance** Join Lisa Hellums, one of the Y's newest instructors! Are you looking for a class that helps older-adult participants with balance, coordination, agility, flexibility and strength training? This is a dynamic combination of strength development and cardiovascular conditioning for the active older adult. Member: \$21 / Prospective Member: \$70

**Strength Train Together** Strength Train Together will blast all your muscles with a high rep weight training workout. Using adjustable barbell weight plates and bodyweight this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating atmosphere will get your heart rate up, make you sweat and push you to a personal best. Y Member only Free class

**Tabata** 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! Member: \$21 / Prospective Member: \$70

**Trail Cross Training:** Cross Training on the Trail located on Schavey Road. Join Rita for short run/walk distances mixed with HIIT training. Member: \$25 / Prospective Member: \$70

**TRX HIIT** This is a combination of High Intensity Interval Training with the TRX suspension system to build core strength while ramping up your cardiovascular system with every exercise. Circuit, Interval or Tabata formats will include weights, balls and bodyweight exercises in addition to the TRX. Workouts will vary from week to week. Member: \$21 / Prospective Member: \$70

**Turning Point** Come and join this supportive class with personal training to help decrease stress in a format designed specifically for breast cancer patients and survivors. Individual and group support will be provided through a series of fitness programs designed to increase physical functioning, provide for better general health, lower levels of fatigue, increase flexibility, improve social functioning and balance the body. Each participant will be evaluated on a one-on-one basis, creating an individualized program that will be closely monitored in a group setting by certified staff. Member: Free / Prospective Member: Free

**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. Get ready to sweat! Member: \$21 / Prospective Member: \$70

**Yoga/Yoga Basics** Learn the proper breathing techniques and poses through the practice of Hatha Yoga. Stretches your body, quiets your mind and refreshes your spirit. Yoga will improve your flexibility, de-stress your mind and balance your body. Member: \$25 / Prospective Member: \$70

**Yoga for Back & Abs** Traditional yoga class targeting abs and low back strengthening. Each pose will focus on improving your overall core strength. Member: \$25 / Prospective Member: \$70

**Zumba** This class combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music with dance themes that create a dynamic, exciting and effective fitness system! FUN and EASY TO DO! Experience an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, and energizing movements meant to engage the entire body! Member: \$25 / Prospective Member: \$70

**Zumba Gold** Get grooving at your own pace with Zumba Gold! This easy-to-follow program that 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. Member: \$25 / Prospective Member: \$70

**Zumba Gold Toning** Similar to Zumba Gold, Zumba Gold Toning is a fusion of Latin and International music using weighted sticks for increased muscle tone. Member: \$25 / Prospective Member: \$70

**Zumba Toning:** Participants will use weighted, maraca-like Zumba Toning Sticks to blend body-sculpting techniques and Zumba moves into a calorie-burning, strength-training experience. Member: \$25 / Prospective Member: \$70

**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 withdraws 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 the account based on the date of cancellation. Credit will be kept on your account for 1-year and may be used for programs or merchandise at the branch where the credit was offered.

