



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA-Group Fitness Class Descriptions

NOVEMBER 2021

**ADULT DANCE:** DANCE FOR THE REST OF YOUR LIFE: Class will introduce you two dances, Basic Swing or East Coast Swing and Night Club Two-Step. Each dance has very simple foot-work that never changes. Once learned, you'll be able to dance at any party, any club, any wedding or even in your living room.

**BARRE:** Barre is the fastest, most effective way to change your body. A total body workout, Barre lifts your seat, tones your thighs, abs & arms and burns fat.

**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 balls.

**CARDIO DRUMMING:** Sweat your way through a high energy, full body aerobic workout that gets the heart pumping and body moving. Incorporating energizing music, drumming and rhythm to increase your fitness with an ever-changing routine.

**CYCLING:** Various cycling drills designed for all fitness levels.

**MARTIAL ARTS:** Martial Arts styles including Muay Thai, and Kick Boxing. Class uses martial-arts-style kicks and boxing-style punches to defeat an opponent in a similar way to that of standard boxing.

**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, intimidated or unfamiliar with exercise. This positive social environment will improve strength, flexibility, cardiovascular fitness and your quality of life.

**SILVER SNEAKERS BOOM MUSCLE:** helps to build muscular strength & endurance and cardiovascular endurance by combining muscle conditioning blocks and bursts of cardio action intervals. Class includes floor work.

**SILVERSNEAKERS YOGA:** This class incorporates range of motion exercises, alignment, stretching, strengthening, awareness, breathing and relaxation in order to refresh, energize, improve posture, deepen breathing and improve sense of well-being. This class can be done seated in a chair or standing.

**STRENGTH FOR ALL:** Strength for All 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.



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**STRONGER LONGER:** Yoga stretching, Pilates movements, resistance training and aerobic conditioning will help keep you healthy and active regardless of your age and body condition. All ages are welcome, however, many are over 50. Start young and stay healthy and stronger longer.

**TAI-CHI:** Derived from a style of shadowboxing, tai chi is a gentle exercise program that instills many health benefits such as lower blood pressure, high stability and flexibility, improved circulation and reduced pain.

**YOGA:** Yoga develops strength, flexibility and relaxation by adapting the body to postures which fit individual needs.

**YOGALATES:** In this class, we combine Pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach.