



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD YMCA-Group Fitness Class Descriptions

NOVEMBER 2021

20/20/20: This class consists of 20 minutes of Cardio (Traditional and Dance Aerobics), 20 minutes of Strength (Major upper and lower muscle groups), and 20 minutes of full body extensive stretching.

CARDIO DANCE AND SCULPT: Cardio Dance & Sculpt will consist of easy-to-follow choreographed, dance-based moves designed to improve cardiovascular endurance followed by and overall strength.

CYCLING: Various cycling drills designed for all fitness levels.

PILATES: Based on the systematic approach to exercise developed by Joseph Pilates, this class is designed to physically challenge you with a powerful system of mat exercises that target the body's core, the joints and muscles of the neck, shoulders, spine, pelvis, and hips. Using proper movement and breath, this class will focus on deep muscle strengthening and can help improve posture, balance/coordination, and mind-body awareness. Fundamentals (alignment, breath, core strength, and stabilization) will be modeled in each fast-paced class by the instructor.

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, cardio-vascular fitness and your quality of life.

STRENGTH AND FLEXIBILITY- An exercise class designed to strengthen the core and other muscle groups and increase flexibility for ALL AGES. A low impact class that is easily modified to meet your fitness level and needs. Work hard and sweat or go easier and head straight to work. Get loosened up and warmed up to start your day.

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.

STRETCH: 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 to advanced.

TAI CHI ENERCHI BY SILVER SNEAKERS: Tai Chi practice is considered a "Wellness" program in that the focus of the exercises are full body "range of motion" designed to allow all physiological systems to freely work as designed to obtain a sense of well being and a strong immune system. Tai Chi is considered a physical therapy and well known for its proven health benefits. Typical Participants: People over 65 that may have physical movement or stress problems due to chronic disease, injury, surgery, or simply a long sedentary life style



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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.

ZUMBA- Zumba is a fun way to get aerobic steps in. (It usually translates to 2+ miles). Class includes a choreographed warm up with some toning, 20+ minutes of intensity followed by a cool down with stretching to fun music. This is Latin music intensive so you will hear salsa, merengue, reggaeton and cumbia.