



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WESTSIDE YMCA-Group Fitness Class Descriptions

JANUARY—FEBRUARY 2022

**BEGINNER WORKOUT:** This exercise class is designed with the beginner in mind. You will experience a warm up, easy cardio, basic core work and a wonderful stretch to get you feeling great.

**BODY WEIGHT WORKS:** This non-aerobic workout is studio based strength training using only bodyweight. All levels welcome; options will be given for beginners and diehards alike.

**CYCLING:** A fun, heart-pumping workout in a setting that is safe for all fitness levels. Ride on the flats, up hills, through rolling hills with great music. Spinning is perfect for everyone since you control the resistance and pedal speed creating just the right intensity for you. Beginners are welcome at all classes.

**FOREVER YOUNG:** This class will battle the enemies of aging, e.g., age related muscle loss, balance problems, decreased flexibility and falling. Utilizing a variety of equipment and training techniques ?Forever Young? will emphasize core and lower body strengthening as well as balance and flexibility enhancement. Led by personal trainer John Helrigel. Participants must be able to get up from and down onto the floor. Minimum age to enroll is 60 years old.

**ENHANCED 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.

**MOVIN & GROOVIN:** Low impact moves plus style make for a great workout to great music with less stress on knees and backs. All levels and abilities welcome!

**MUSCLE FIT:** Come and work those muscles! This class utilizes dumbbells, stability balls, kettlebells, body bars and gliders. Get a full body workout and strengthen your whole body. Recommended for the intermediate + exerciser.

**PILATES:** This class is designed to physically challenge you with a powerful system of mat exercises that target the body's core, 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.

**POUND:** Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.



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**SILVERSNEAKERS-** 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.

**STRENGTH AND FLEXIBILITY:** An exercise routine 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. The class provides bands, stability balls, and mats. Get loosened up and warmed up to start your day. All this, and it's free to members.

**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.

**STEP AND SCULPT:** Use the step in traditional and non-traditional ways! You will also use hand weights for a well rounded cardio and strength workout while rocking out.

**SUSPENSION TRAINING:** Using straps suspended from the wall, gravity, and the leverage of your own body weight, this 45 minute class is designed to give you an intense full body workout and develop strength, balance, flexibility and joint stability. Modifications offered.

**TABATA:** This 45 minute class is packed with high intensity intervals, variety and fun!

**WAKS:** Weights, Abs, Kick-box and Step all in one class. Everyone welcome. Member Free Class

**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.

**YOGA BEGINNER:** Beginner Yoga will focus on modifications, proper alignment and breath control. We will gradually build onto the routine bringing awareness to postural habits and how to safely adjust throughout various postures. Each class will end with gentle twists, stretches and relaxation.

**YOGA INTERMEDIATE:** Yoga Flow is an energetic, fun workout that gets the breath flowing and the heart pumping. Each class will flow through a fluid sequence of postures which improve balance, strength and flexibility. We will also focus on breath control and mindfulness and end each class with relaxation.