



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DEWITT YMCA-Group Fitness Class Descriptions

May-June 2022

**AOA (Active Older Adult):** The Active Older Adult program is comprised of both cardiovascular and strength training. Exercise at your own pace under the supervision of our qualified fitness professionals. This program is supervised at all times by qualified staff.

**BALANCE AND STRENGTH:** This class will be centered around exercises that will strengthen your muscles that are used for balance and daily activities. This class will help improve your stability, strength and core!

**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.

**CORE CONDITIONING:** Core Conditioning builds strength which focuses on the abs and back. Add this class to your aerobic workouts to achieve a balanced workout plan. No warm-up here - be ready to work! All Fitness levels welcome.

**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.

**DEEP 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.

**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.

**FUNCTIONAL TRAINING:** Class will meet on the Fitness Center Floor and will give you a great workout incorporating free weights, machines, bands, ropes, BOSUs and your own body weight.

**GET RIPPED:** Get Ripped stands for Resistance, Interval, Power, Plyometric, Endurance and Diet! Get it all and maximum results in the 1 hour class. Member Free Class.

**JUST DANCE:** This class combines high energy and motivating music with unique moves and combinations. It is a fusion of Latin and International music with dance themes that create a dynamic, exciting and effective fitness system! Experience an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, and energizing movements meant to engage the entire body!

**LOW IMPACT:** Low Impact Head to toe full body workout. We will focus on strength, balance, core and cardio and having fun doing it. This workout is designed for people who are beginning, who have mobility concerns and anyone who wants a great workout using low impact exercises.



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**SPINTASTIC STRENGTH & 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.

**STEP AEROBICS:** Ever popular step aerobics! Control the intensity of your workout by adding arm movements and adjusting the step height.

**STRENGTH AND STRETCH:** Get it all with this combination class! You will work on strength for the first 30 minutes and then finish up with 30 minutes of yoga.

**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.

**TABATA:** This 60minute class is packed with high intensity intervals, variety and fun!

**TAICHI 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

**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.

**YOGA TO RESTORE:** This class optimizes a variety of exercise forms including fitness, yoga, pilates, and barre, to gain strength, muscle definition, endurance, flexibility, and balance. We will also focus on breath and mindfulness. A great way to start your week!

**ZUMBA GOLD:** This class combines energy and motivating music with unique moves and combinations. It is a fusion of Latin and International music with dance themes that create a dynamic, exciting and effective fitness system! Experience an absolute blast in one exhilarating