



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Parkwood YMCA Group Fitness Descriptions

September 2022

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 overall strength.

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.

CYCLING: Various cycling drills designed for all fitness levels.

KICKBOX/BUTTS & GUTS: The first half of class will be fast paced kicks, punches and combinations. No gloves, no contact. The second half will focus on working the abs and glutes.

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 and 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 by the instructor in each fast-paced class.

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.

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.

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.