



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Oak Park YMCA Group Fitness Descriptions March 2023

**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 footwork 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.

**BEGINNER MAT YOGA:** 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.

**BUTTS & GUTS:** 30 minute fast-paced workout focused on the abdominals and glutes. Use a variety of exercises and tools to shape, tone, and strengthen these functional fitness areas.

**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.

**CHAIR YOGA:** Chair Yoga is a great way to get into yoga postures without the obstacle of getting up and down from the mat. Each class focuses on balance, strength and flexibility and ends with breath work.

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

**ENHANCE 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.

**POWER CORE INTERVAL:** Core based AB Lab with functional focus on body restoration. Class includes intervals of low-impact cardio along with some flexibility components. This total body workout is designed to enhance a variety of fitness levels.

**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.

**SILVERSNEAKERS STABILITY AND BALANCE:** Stability is designed to improve mobility, agility, balance and power. This will be achieved through flexibility exercises, gait training, and progressive movement variations. All exercises are done standing or sitting.

**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.

**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.

**YMCA of Metropolitan Lansing**

**Oak Park YMCA**

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Lansing, MI 48911

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

ZUMBA: 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 hour of caloric burning, heart racing, muscle pumping, and energizing movements meant to engage the entire body