



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Westside YMCA Group Fitness Descriptions November 2023

**BEGINNER CHAIR/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.

**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.

**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.

**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.

**XTREME HIP HOP STEP:** is a series of step aerobics. Steps moves will vary from beginner to intermediate. Moves will be broken down as needed. The overall goal to Xtreme Hip Hop is saving lives where "we don't stop, don't quit, don't give up" and no one is left behind. If you're looking for some high energy cardio fun come check out Xtreme Hip Hop with Kyla.

**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.

**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.

**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.

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

**GROOVE DANCE FIT:** Do you want to be the happiest, healthiest version of YOU? If so, then it's time to get on a Groove dance floor! During this energizing hour of dance fitness, you'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! Groove combines heart thumping cardio beats, strength and mobility movement, and meditative soulful rhythms. Best part, You Can't Get it Wrong!

**MORNING FLEX BOOTCAMP:** A bootcamp style work out aimed at increasing strength. To include functional fitness using your whole body and multi-joint exercises to stimulate movements performed everyday. Work at your own pace as the instructor guides you through a series of strength training and full body cardio movements all to the beats of soca, pop, and hip hop music.

**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.

**YMCA of Metropolitan Lansing**  
**Westside YMCA**  
**3700 Old Lansing Rd**  
**Lansing, MI 48917**

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 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.

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.

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.

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.

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.

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!

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.

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

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.

YOGALATES: 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.

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.

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!