



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **Parkwood YMCA Group Fitness Descriptions July 2026**

**4- Quarters:** In this class you will work in 15 minutes segments: Cardio, upper body strength, core strength and stretch.

**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.

**ACTIVE OLDER ADULTS:** This class is for active older adults who are looking to not only maintain an independent lifestyle but to thrive! All levels are welcome, but options will be presented to challenge yourself to further improve your strength, mobility, balance, cardiovascular endurance and your quality of life. Who says aging can't be fun?!

**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 BOOTCAMP:** Are you looking for a challenge that incorporates cardio exercises with strength training in a high energy environment that will push your limits? Then look no further! This class has a bootcamp format that includes sequences of cycling, running/cardio, and strength; with three rounds of each. This class has a higher intensity level and is not necessarily for the novice. The class is 60 minutes and is a mid-week power punch. Equip used; spin bikes, hand weights, resistance bands and mats.

**CORE & STRENGTH:** Move beyond crunches for core training that will sculpt and strengthen every muscle from your glutes to your traps. If you're looking to torch fat and chisel your abs, this class is for you.

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

**EXPRESS SPIN:** Heading into your weekend with good vibes and a quick, powerful Friday ride!

**HIIT:** This class will challenge you by getting your heart rate up and working all muscle groups. Interval training will allow you to reach your goals faster in a fun environment!

**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.

**KICKBOXING:** Play the part of a kick boxer! Learn the 5 elements of mind and body in martial arts. Ranges from a continuous workout to interval training with music. Target muscle groups and learn the basics of self defense!

**MIX-IT-UP:** In this class the instructor will mix things up with teaching 20/20/20 and 4- Quarters.

**HIIT:** This class will challenge you by getting your heart rate up and working all muscle groups. Interval training will allow you to reach your goals faster in a fun environment!

**PEDAL TO PILATES:** Enjoy a 30 minute rhythm-based cycle ride, then target your core powerhouse with a 30 minute classical mat Pilates workout. You will surely get the perfect mix of cardio, strength & core!

**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.

**YMCA of Metropolitan Lansing**  
**Parkwood YMCA**  
2306 Haslett Rd  
East Lansing, MI 48823

**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 barbells, 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.

**STRENGTH & TONING:** The focus of this class is to become or stay physically strong. During this class additional activities occur, such as cardio, balance, and stretching.

**STRETCH:** Discover yourself and find ways to relax by utilizing stretches and holding simple yoga poses to open your muscles and relax both mind and body. Students will quickly discover that relaxation is just as important as working hard! Beginner to advanced.

**TAI CHI:** Tai Chi is a low impact exercise that involves slow and gentle movements, deep breathing, and meditation. Improves strength and balance, reduces pain and stiffness, lowers blood pressure, reduces stress and increases vitality!

**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.

**YOLATES:** Join us for a dynamic 45-minute class that blends strength (using own body weight), yoga, and Pilates for a balanced workout experience. The class will begin with a gentle yoga warm-up to prepare your body and mind, transitioning into a flow sequence, core exercises close class and a restful cool down. All fitness levels. Individuals who are interested can stay for an optional 15-minute session on the Pilates reformers to try them out. This add-on is offered on a first-come, first-served basis, with only 4 reformers available. Sign up will be out at the beginning of class.