

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

**AB-solutely Core:** 30 minutes of strength/core stabilization for the abdominal muscles and lower back. The stability ball and mat will be extensively used.

**Active Plus Muscle:** A resistance training workout utilizing weights, tubing, and body bars. This class is geared toward the active older adult, pregnant woman and beginners.

**Abs/Back:** Work the core muscles of your body in this mini-specialized class.

**Cardio Pump:** Interval class of step and IRON GRIP bars. Similar to Step Interval, except the barbell will be used for most strength segments.

**Cardio Box:** Calling all cardio contenders! This workout combines specific athletic drills, boxing and kickboxing movements to music. Be prepared for a challenge!

**Cardio Step:** Intermediate step consisting of warm-up and 40-50 minutes of step.

**Cardio-Step Interval:** An interval class of step and H.I.T. (High Intensity Training). Two great workouts in one! Trains the heart to work extremely hard (80-85% max HR) and work at a moderate pace (65% max HR). Guaranteed to make you sweat!

**Cross Training:** The class for the participant that loves variety. A mixture of Step aerobics, Floor (Hi/Low), Boxing, or Muscle. All this in one fun packed hour. The format is never the same. Multi-mode exercise is the key to success in any exercise regiment.

**Cross Training Lite:** Very low impact movements designed to strengthen your heart and lungs along with weight bearing activities to improve bone density and muscle tone. Great class for the active adult.

**Flexible Strength:** Fit ball, Yoga and Pilates mat work is the base of this class. A great opportunity to reduce stress while increasing strength, flexibility, balance, coordination, and muscle tone. A true core workout (abdominals and lower back) mixed with upper and lower body conditioning. Finishing with a lengthy stretch, your workout is complete! This class will challenge all fitness levels.

**Instructor Choice:** This class will be different each week – a cardio segment and a strength segment is standard.

**Iron Grip Cardio:** Similar to Iron Grip Muscle, but infused with segments of cardio to work the heart muscle too.

**Iron Grip Muscle:** A total body strength training class using barbells and weighted plates. Guaranteed to PUMP you UP! More Muscle means a Higher Metabolism!

**Multi Step:** This class incorporates the use of two of MORE steps to multiply your cardiovascular fun! Advanced step patterns will be introduced to challenge the dancer deep inside you. A great class to “encounter” other members.

**Muscle:** A resistance training workout utilizing weights, tubing, and body bars. A great metabolism booster. Build the muscle to BURN THE FAT!!!!

**Simply Ballistic:** Designed for all fitness levels! This class has total body toning benefits and utilizes the fit balls, medicine balls, the balance trainers, weights with focus on balance, core strength and sculpting for both upper and lower body.

**Step:** Intermediate step consisting of warm-up, 35-40 minutes of step, strength work, abdominals, and stretch.

**Step Interval:** Intermediate step segments alternated with strength training to create an interval that will train your cardiovascular system to work in different HR Zones.

**T.G.I.F:** Step into a different class each week – it's the instructor's choice. Power Yoga, Step, Muscle, Boot camp, you name it, this class has got it. A Friday MUST! Sometimes, this class is held off site, so please check the posted schedule each week.



(Please bring a towel and water bottle to class)

**Cycle:** A class designed to challenge everyone from the serious athlete to the deconditioned individual. This class consists of 60 minutes of riding drills that focus on endurance, strength, intervals, and recovery. It is up to the individual on how intense/challenging the ride becomes. A workout that will surely leave you addicted.

**Cycle Challenge:** A 75 minute ride that will build base miles to increase your endurance on the bike. Heart rate monitors are highly recommended (but not required) for this class to ensure that you are working in the proper “zone”. What better way to spend a Saturday morning?

**Cycle Express:** Similar to the standard Cycle class, but compressed into 35 or 45 minutes. Great workout for individuals that are short on time.

\*\*\* For your convenience you may reserve a bike 1-day prior to the class. New participants, please come early for proper bike set-up.

## Y Special Programming

**Balance In Motion:** The goal of this class is to improve balance and have better mobility, therefore, making it possible to perform basic daily living activities easier. The 8 week program includes assessment testing before and also at the conclusion of the program. Registration is required for this class. COMING in the FALL 2010. Fee Based -- see the front desk for more information.

**Chair Exercise:** Get ready for a high energy, limited movement chair exercise program. We guarantee that you will have fun while we help you to improve balance, strength, endurance and posture.

**Power Conditioning:** Indoor/Outdoor Training. Agility, Plyometrics, Endurance, Speed Drills, & Core Stabilization. A Base-Level of fitness is a must. (Fee-Based -- Seasonal).

**Stott Pilates** is a contemporary, anatomically-based approach to Joseph Pilates' original exercise method. Its exercises safely deliver optimal strength, flexibility and endurance, without adding bulk. This stress-relieving method will be performed on a mat using such equipment as the fitness circle, foam roller, blocks, straps, balls, and Thera-bands to appropriately modify the exercises for various fitness levels.

**Zumba Fitness®** fuses hypnotic latin rhythms and easy to follow DANCE moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat! **Zumba Express** – 30 minutes of Zumba fitness.

**Y-Walk:** A structured walking class with various courses through Wyndhurst. Please call the front desk in case of inclement weather. All Members are Welcomed.

**20-20-20 Lite-** 20 minutes of Cardiovascular exercise either outside or in the wellness center, 20 minutes of CORE, 20 minutes of stretching, Great for the active adult!



**A.M. Yoga:** The perfect way to start your morning with breath and movement. This class allows your mind and body to awaken gently by using Yoga to build energy and clarity for the day ahead.

**Gentle Yoga:** A modified Yoga practice that utilizes the chair for many of the postures. This is a great class for those members that are unable to get down onto the floor. Focus on the breath and movement is still emphasized. Balance and Flexibility will be greatly improved by participating in this practice.

**Power Vinyasa Yoga:** A freestyle yoga program beginning with focused breathing, progressing to a flowing sequence of movement (postures) and breath that builds heat, generates energy, and brings the mind and body into balance. Classes are open to students of all levels.

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