

Central Family YMCA September Class Descriptions and Schedules I=Beginner II=Intermediate III=Advanced

Boot Camp - This high energy workout includes polymeric drills, hand weights, body bar, bands, medicine balls and cardiovascular drills to condition your body.

Cardio Kickboxing - This challenging workout consists of jabs, punches, kicks and boxing moves to give you a complete cardiovascular workout, improving strength, speed and agility.

Hi/Lo - The instructor will lead you through a series of hi and low aerobic moves that will strengthen your cardiovascular system.

Interval - This intense workout uses a variety of methods to keep your heart pumping fast. Come ready to break a sweat!

Moderate Aerobics - This 45 min class focuses on floor work and getting the heart rate up. Beginners are strongly encouraged to attend!

Pump - This class is designed to achieve muscular strength and endurance while increasing lean muscle mass. This class is intense!

Beginner Pump - same as pump however very beginner friendly.

Silver Sneakers (I) - A class specifically designed for older adults. This class starts with a warm-up and then moves to exercises to improve range of motion and muscular strength. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Step - A variety of Step classes are offered including: Step Blast (intense work on the bench in between step combos) Step/Ball and Step/Sculpt (30 min on the bench followed by 30 min of sculpting with the ball or weights) and Mid-Step (step combinations through out the entire class). These classes are guaranteed to give you a great cardiovascular workout!

Strength and Tone - This class focuses on strengthening and toning the entire body through the use of weights, bands, balls, and steps. This class will leave you feeling strong.

Zumba - A fusion of Latin and Hip Hop dance styles. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

20/20/20 - Get the best of 3 classes for an awesome workout. This class consists of 20 minutes of hi/lo or kickboxing, step and sculpt.

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Sports Conditioning- Designed for the athlete in all of us! Going from station to station each training you to enjoy better fitness while improving speed, agility, power and quickness.

Ball N' Body- It's fun, it's challenging and it's a total body workout using the stability ball for any fitness levels.

Butt; N' Gutt;- Focus on your lower half in this belly-busting, booty and legs shaping class.

Bike, Hike & Lift- 20 mins cycle, 20 minutes run or walking hills, 15 mins weights. Focus on cardiovascular conditioning and total body strengthening.

The Brick- 45 minutes of cycling followed immediately with a 30 min in/outdoor run. Feel free to participate in all or a portion of the class.

Pilates (I, II, III) - You will be introduced to additional mat exercises including the use of props such as bands, bars and balls. A basic understanding of Pilates is recommended. This class is for all fitness levels.

Power Pilates (III) - This advanced class will keep your core challenged with advanced mat moves and the use of equipment. Advanced participants only!

Gentle Yoga (I, II) - This class will focus on breathing to relax and relieve stress. Stretching of different muscle groups will improve flexibility.

Power Yoga (II, III) - A combination of breathing, movement and postures that will stretch, strengthen and align the body. This is an intermediate class.

Yoga Pump (I, II) - This class combines basic and intermediate yoga poses with strength training.

Yogilates (I, II, III) - Get the best of yoga and pilates in one class. Yogilates I- Beginner. Yogilates II- More advanced.

All Yoga (I, II, III) - Join us for a series of yoga poses that are adaptable to all fitness levels.

Yoga II (II)- This class focuses mainly on intermediate level yoga poses. Basic knowledge of yoga is encouraged.

FOR MORE INFORMATION, CONTACT DEE DEE
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