

Class Descriptions

Group Exercise

Barre

Strengthen, lengthen and tone! Work muscles of the lower body while lengthening (vs. shortening) to produce dancer-like physique. This class uses isometric, "Hold the Position" conditioning for abdominal muscles. You WILL feel the BURN!

Beginner Cycling

This class is an introduction to the world of cycling. Set up along with guided instruction are provided throughout. Basic variations of traditional cycling will be covered in this class.

Boomer Boot Camp

Gain more strength, flexibility, balance and stamina at any age. Offered on-site and at The Ludlow and Hampden Senior Centers. This class is suitable for active older adults or participants who are just beginning an exercise program. This class is also offered 10:00 – 11:00AM at the Ludlow Senior Center (MW&F), and the Hampden Senior Center (T&Th). *

Circuit

Participants are coached through stations using various resistance-training equipment: free weights, medicine balls, resistance balls, BOSUs, etc. The class is designed to work your entire body and will introduce you to different exercises and equipment.

Cycling

This class consists of a combination of flats, hills, drills, lifts, and recovery stretches. Both aerobic and anaerobic energy systems are combined to create an awesome training session. Appropriate music is played to help motivate you through the ride.

Insanity™

This predesigned interval class that requires no equipment and is easy to learn and fun to participate in. The revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

Metabolic Madness

Mix up your metabolism with interval cardio drills, weights, and resistance bands. Maximize workout calorie burning and post workout after burn.

Pilates

Pilates is core-based stretching and strengthening program. Emphasis on abdominal and shoulder stabilization improves posture; body as a whole is trained. Modifications address level of ability.

POUND Pro

SWEAT. SCULPT. ROCK. **POUND®** is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. The **Basic** class introduces participants to this new and invigorating form of fitness.

Power Pump

The energy never stops with this unique blend of cardio and strength workout. Many different modalities are incorporated in this workout. Includes high impact cardio drills.

Tai Chi

Tai Chi is an ancient Chinese form of martial arts. It is a mind-body, self-healing system that uses movement, meditation and breathing to improve health and well-being.

ZUMBA®

Ditch the Workout and join the party. This class is a fusion of Latin, American, African and modern music to dance away the calories.

ZUMBA® Kids

For kids ages 8 – 11 years old. Classes feature **kid**-friendly routines based on original **Zumba®** choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

ZUMBA® Step

Tone and strengthen legs and glutes with a gravity-defying blend of **Zumba** routines and **step** aerobics.

Aqua Fitness

Aqua Fitness

A soft water workout is great for those requiring low-impact activities with or without weights designed for use in water. Work your body through "full range of motion" water exercises using the large muscle groups to burn fat and tone up. This is an excellent workout with minimal joint stress.

Aqua ZUMBA®

Splashing, stretching, twisting, shouting, laughing, hooting and hollering-It's a Zumba® Pool Party! Blending the Zumba® dance class with traditional aqua fitness disciplines, this water Zumba® class offers a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

Warm Water Conditioning

This class is based around the principles of traditional water exercise but done at a lower intensity. Working through full range of motion with light and easy aerobic moves, this class will help increase flexibility and balance with minimal joint stress.

Gentle Joints

Movement is medicine. Come enjoy gentle stretching and muscle conditioning in a warm water environment; perfect for the first time exerciser or anyone with special health needs. This program focuses on increasing range of motion, strength, coordination and balance.

Yoga

Yoga (*Gentle to Moderate Practice*)

This gentle to moderate practice incorporates the principles of Hatha Yoga and provides approaches that blends slow gentle movements with breathing, mindfulness, and stress release. Opportunities to build on beginners' poses and start to establish basic strength and flexibility throughout the entire body will be offered. Beginners and continuing students of yoga and mindfulness welcome.

Hatha Yoga (*Intermediate Practice*)

Approach to asana practice that emphasizes meditation and breath work. It is a flow of postures with emphasis on body awareness, alignment and coordination of breath and movement.

Vinyasa/Flow Yoga (*Advanced Practice*)

This yoga class is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Class format uses a series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dance-like, which explains why it is sometimes referred to as Vinyasa Flow or just Flow.

*Off-Site Classes are offered at no cost to YGS Members and is fee based for Non-Members. Contact the Scantic Valley YMCA, (413)596-2749 to inquire about a Punch Pass.