

Group Ex Class Descriptions

Barre Total Body

A full body workout that will strengthen your core and tone your arms, glutes and legs. Light weights, Pilates ball/block and/or mat may be used.

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). *

Boot Camp Express

Tone and strengthen muscles as part of a fun, welcoming group. Sessions can include free weights, jump ropes, mat work, sports drills and more. All levels welcome.

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.

FBC – Flexibility, Balance, & Core

This class will focus on improving your flexibility, balance, and core strength. Workouts like these will help prevent injuries from occurring, prepare the body to perform better during exercise, improve posture, and increase proprioception (knowing where your body is in space).

HIIT Fusion

Integrated cardio “Tabata” intervals challenging your aerobic and anaerobic thresholds enhanced with resistance and core exercise (Intermediate to advanced)

Strong Fit HIIT (High Intensity Interval Training)

Goal is to improve agility, strength, and confidence. High energy movements followed by less intense exercises with short breaks in between sets. All levels welcome!

Step and Kick

Get ready to combine the step and kick, jab and cross punch for a great cardio workout. Weights, jump ropes and bands may also be incorporated.

Metabolic Madness

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

Pilates Mat

Focus of class is on core strength. Review of principles & fundamental positioning, followed by traditional Pilates class format. All levels.

PiYo

Foundational moves of Pilates and Yoga combined with choreography and strength-training. Requiring no equipment PiYo provides a total body workout through form and breath including a cardio component set to upbeat, contemporary music.

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® Step

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

Aqua Fitness

Aqua Fitness

A water workout with low-impact activities, with or without weights. 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®

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 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

Gentle movement, stretching, and muscle conditioning in a warm water environment; perfect for the first time exerciser or anyone with special health needs. Class 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.

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.

*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.