

# Wilson Family YMCA Class Descriptions

Please note class schedules and offerings vary each month.



**ACTIVE AGING:** All ages enjoy our Active Aging group classes, designed to be low-impact for all fitness levels.

**Deep Stretch** is the perfect class if you have been in rehab or have not exercised recently. This class will help you regain flexibility without being too challenging. Deep stretch is a great class to try before attending a regular yoga class or in addition to a regular yoga practice.

**Gentle Yoga** is yoga at a very slow pace that includes gentle postures and stretching.

**Low Step** is similar to Step, but the moves are more basic and the tempo is moderate. This class includes light free weights and mat work for toning and flexibility.

**Low Aerobics** is a moderately paced class for participants looking for an "in between" level of movement...not too fast, not too slow. The class format will feature light cardio, free weights, ab work, and flexibility training. This class is perfect for someone new to group exercise.

**RX Fitness** is designed with seniors in mind. This class is ideal for someone who is recovering from an injury or illness. Chairs are provided to help the student stay comfortable and stable while regaining strength.

**BOOT CAMP:** Enjoy a variety of classes that may use jump ropes, boxing drills, free weights, and more.

**Boot Camp** gives you the ultimate cardio and strength workout. This class incorporates stations to get a full body workout.

**INSANITY™** is a cardio class, based on max interval training. This class will push you past your limits with plyometric drills mixed with intervals of strength, resistance and core training. Levels of each exercise are provided.

**CARDIO:** Enjoy a variety of classes that provide an effective workout to build cardiovascular endurance.

**Cardio Sculpt** is a combination of heart pumping cardio and total body toning exercises.

**Step/Tone** is a class with the best of both worlds. This 50/50 intermediate class combines cardio step aerobics with added elements of free weight toning exercises.

**Kettle Bell** class combines cardio and strength training in one workout with the use of one tool: a kettle bell. You will experience cardio conditioning and build muscular strength and endurance while burning the maximum amount of calories. Proper form and technique are required and will be reviewed at the beginning of each class.

**Piloxing Knockout®** It's called Knockout, turns out - not ballet. It's not gentle, it's not mildly strenuous, it's not even your run-of-the-mill boot camp - we said KNOCKOUT. Shoes required.

**Piloxing®** is a heart-pumping, body-toning, unlikely combination: Pilates and boxing. It is the first program that blends the muscle sculpting of Pilates, the strengthening and cardio of boxing and the fun and sensuality of dance into a high energy interval workout.

**DANCE:** Dance classes are designed for all fitness levels whether you are a new or experienced dance diva.

**Beginner Basic Line Dancing** You will learn simple dances that can be danced at street festivals, clubs or just for fun. You will learn basic dance step terminology. It is such great fun you'll forget you are exercising!

**House Party Fitness®** is a cardio hip-hop program that uses the hottest music and moves that can translate to the dance floor. If you are looking for a dance fitness class that will make you feel like you are in a House Party or a music video, you stepped into the right house.

**Line Dancing** will keep you moving with fun dance steps performed to a variety of music. Line dancing is both fun and great exercise! Advanced Line Dancing takes it to another level for the advanced dancer.

**STRONG by Zumba®** combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**Zumba®** is a Latin style dance class that will get you moving! The music is fast and fun and will get your hips grooving!

**Zumba Toning®** uses choreography and light hand weights to focus on toning specific muscle groups. If you're looking to pump up your cardio or add some strength and toning work to your routine, try this class.

**MIND & BODY: Mind/body classes combine traditional practices with modern formats and techniques to deliver a meaningful calorie-burning exercise class.**

**Foam Rolling** will teach you how to use your own body weight on a roller to reduce pain and tension, while restoring normal muscle length and balance. Think of it as serving as your own massage therapist!

**Mat Fusion** This class combines classic Pilates strength and toning moves along with the many benefits of foam rolling.

**Meditation & Gentle Yoga** Learn and experience the benefits of meditation combined with stretching and stress relief of gentle yoga. Open to all levels.

**MELT®** uses balls and rollers to help prevent pain, heal injury, and reduce the effects of aging. This class uses neurofascial techniques that will enhance body awareness, rehydrate connective tissue, and quiet the nervous system. The class incorporates core strengthening and stretching to help build a strong foundation for a healthy back.

**Pilates** includes breath work as well as controlled movements of the body. Pilates is a terrific class to build strength through the core and gain flexibility through the entire body. All levels may attend but we encourage those who have never taken a Pilates class to try a beginner class prior to this one to get familiar with the breath work and alignment.

**Pilates Sculpt** combines the most effective elements of Pilates and the best of sculpting in one class. We will use light weights, bands, exercise balls and Pilates moves to make the most of your workout and deliver RESULTS!

**Yoga** combines breath work, balance, flexibility and strength. All levels may attend but we encourage those who have never practiced yoga to try a beginner level prior to this class. Beginner Yoga/Pilates classes are usually offered once a month or as a series to get new students familiar with the alignment and breathing of a regular yoga/Pilates class.

**360° Yoga** focuses on stretching and strengthening, and will allow students to learn the basics of yoga postures and philosophy. We'll have a 15 minute warm up and incorporate a bit of the history, terminology, and the philosophy of yoga, followed by a basic practice that will start the day off with a sense of joy and optimism.

**INDOOR CYCLING: Spin classes combine authentic cycling drills with music to create challenging workouts for members of all fitness levels.**

**Spin** provides a challenging low-impact cardiovascular exercise performed on a stationary bike in a class setting. The instructors use motivational music to lead participants in different types of cycling routines designed to simulate hill climbs, sprints, and interval training. Beginners are welcome to participate. Come early for tips on set-up, safety, and techniques from our Spin Pros.

**Cycling Lite** is a shorter class at 45 minutes but is not any easier than other indoor cycling classes!

**STRENGTH: Tone and sculpt your muscles while you burn fat and improve overall bone density.**

**Barre Basics** is a class that combines traditional ballet movements with the use of resistance bands and balls to primarily focus on muscle endurance in moves that engage the entire body. In addition to nonimpact whole body conditioning, balance and flexibility benefit as well. Moves are best performed in sock feet.

**Body Blast** is a 35 minute toning class using weights, kettlebells, bands, etc. - a different class every time! Perfect for the working person that wants some activity during lunch!

**Butts, Guts & Thighs** focuses on the problem areas that most of us share. It will build long, sleek muscles while burning unwanted fat and calories.

**PowerCut** uses weighted bars and/or dumbbells to build strength and endurance. This class is designed to include lighter weights to build muscle tone without bulking up. You decide the amount of weight that is ideal for you.

**SYNRGY/TRX** combines total-body, dynamic exercises in a group setting. This circuit class offers group personal training instruction on TRX, pull-up bar, medicine ball rebounder, battle rope training, kettle bells and much more!

**Total Body Conditioning** focuses on building muscular/core strength and cardiovascular endurance through the use of dumbbells, bands, steps, balls, bosus, etc. Make the most of an hour with this combination class!

**Don't forget to download the Wilson Family YMCA mobile app, available on iTunes and Google Play, for class schedules, descriptions and updates at your fingertips. Go to notifications to allow class notifications.**