



## LANSDOWNE, RIDLEY & SPRINGFIELD GROUP EXERCISE CLASS DESCRIPTIONS

### CYCLE CLASS:

- Cycle – A non-impact, highly effective way to build cardiovascular strength and endurance.

### DANCE FITNESS:

- Red Hot Dance Fitness—Love to dance then this class is for you. Learn dance moves to today's pop music.
- Zumba – fuses Latin rhythms with easy to follow moves to create a dynamic fitness program that is fun and effective.
- Zumba Gold – Slower paced, low impact, verbal and non-verbal cuing. Take a musical trip around the world and learn dance moves while burning calories.

### LES MILLS CLASSES:

- CXWORX- 30 minutes that utilizes a mix of body weight exercises to work your core as well as hips, butt and lower back.
- Body Balance- choreographed yoga inspired workout that incorporates Pilates tai chi moves
- Body Combat- Mixed martial arts featuring boxing, taekwondo, kung-fu and more.
- Body Pump- Strength workout with short burst of interval training using plate-loaded equipment. All welcomed!
- Body Pump Express- 30-minute express strength workout using plate loaded equipment.
- GRIT – “30 minutes high intensity Training” (STRENGTH- Uses barbell, weighted plate to perform all exercises ) (CARDIO- Using body weight to perform all exercises).

### PILATES CLASSES:

- Mat Pilates – Exercises on a mat with emphasis on core training, posture and body alignment.
- Pilates Flow- Stretching and Pilates moves combined.
- Barre – 30-minute ballet inspired and dance workout designed to strengthen and tone your muscles and build core strength.
- Pilates Fusion – Pilates Fusion brings together certain principles: Like Breathing, Centering, Control, Concentration, Precision, Balance Muscle Development, Rhythm/Flow, Body Movement and Relaxation. Pilates simultaneously reeducates movement patterns while increasing strength and flexibility.

### SILVER SNEAKERS/SENIOR CLASSES:

- Classic –designed for seniors to improve balance and flexibility, as well as overall fitness level. Little or no standing.
- Circuit – Is for those ready to move on to a more advanced level of exercise.
- BOOM- dance moves with strength moves that incorporates overall fitness
- Chair Yoga- Mind body exercises that use a chair and all modifications for yoga for a total body workout.
- Low Impact Cardio – Evidence-based group exercise program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.



- Senior Strength – Increase strength, endurance and flexibility while challenging the cardiovascular and muscular system by doing dynamic functional movements.
- Senior Strength and TRX- Increase strength, endurance and flexibility while challenging the cardiovascular and muscular system followed by TRX.
- Tai Chi Chih- 19 movements and one pose that together make up a meditative form of exercise.

#### **STRENGTH CLASSES:**

- All Strength – Utilizing all equipment in order to build muscular strength.
- All levels extreme – Intervals and circuit training with no choreography! Boot camp training and sports drills incorporated.
- Kettle Bells – A cast steel or iron weight used to perform ballistic exercises that combine cardiovascular, strength and flexibility training.
- Cardio Blast – Build strength as well as flexibility, utilizing equipment for a full body workout.
- Cardio Sculpt – All equipment utilized. Full body workout (cardio, strength and endurance).

#### **TRX CLASSES:**

- Core – Suspension Training exercises combined with conditioning intervals to build total body strength and cardiovascular endurance.
- TRX – Cardiovascular workout and well as a total body workout.
- Circuit – Total body resistance exercise. Interval, high power suspension body-weight training.

#### **YOGA CLASSES:**

- Gentle Yoga – Postures and breathing techniques to increase flexibility, stamina and relieve stress. A nice relaxing YOGA for all levels of experience. A relaxed pace be expected.
- Guided Meditation- Keep your energy up and stress levels down, by quieting the mind, using ancient practical techniques of meditation.
- Power Yoga- Dynamic flowing sequences that burns serious calories at the same time. All levels welcomed. ROOM HEATED to 80 degrees.
- Vinyasa Yoga – a balanced sequenced of breath and movement. You will be flowing mindfully through each posture, while observing your breath.

#### **SPECIALITY PROGRAMS: FREE FOR OUR COMMUNITY MEMBERS:**

- Veteran's program – Veterans of all ages and abilities who are looking to get back to a healthier lifestyle. The Veterans group meets twice a week for 12-weeks and has full access to all of the facilities and programs that the Y has to offer, with the personal support of Y staff and trainers.
- Livestrong @ THE YMCA – 12-week program that provides physical activity for both the mental, spiritual and emotional mind for the Cancer survivor.
- Addiction Program- Breaking the Cycle Program to any person in recovery or even a family member caring for a person in recovery looking to get back to a healthier lifestyle. The group meets twice a week for 12-weeks, and has full access to all facilities and programs the Y has to offer, with the personal support of Y staff and trainers.



## SPRINGFIELD AQUA EXERCISE CLASS DESCRIPTIONS:

- **Aqua Push +** is a fun HIIT ( High Intensity Interval Training ) workout in water to music. The workout features Aqua Tabata, Aqua Kick Boxing, upper body Toning, core stabilization with light choreography.
- **Aqua Zumba Party** in the pool! Water reduces the impact to make this class accessible for everyone! It also adds resistance so you'll get cardio and strength all in one workout! We sing & dance, and I generally act as ridiculous as possible because, while it's a serious workout, I wanna see you smile!
- **Aqua Pump** – is a complete body workout including cardio, toning and muscle conditioning utilizing water dumbbells and pool noodles, core and balancing exercises, and stretching. This is a great class for all ages and fitness levels.
- **Aqua Easy**– beginner or participants with arthritis can benefit from this class. Full body workout that involves water walking to help strength muscles
- **Aqua Interval**– cardiovascular exercises to get your heart pumping, such as jogging, leg kicks, body twists, arm stretches, and other dance-like movement
- **Aqua Barre** – Focusing on postural strength, alignment, flexibility, and balance, participants will utilize the barre for ballet and Pilates inspired exercises in the pool.
- **Aqua Fit**– cardiovascular workout, gently increasing your pulse and breathing rate, so it's great for helping to improve your heart health. It strengthens and tones muscles – the resistance of the water means that opposing muscle groups are worked in each movement as you push and pull against it.
- **Aqua Fibro** – Gentle, guided exercising of the affected limbs might help decrease pain and improve range of motion and strength.
- **Aqua Parkinson** – Exercise empowers individuals with Parkinson's disease (PD) to feel stronger and more in control. It can help by increasing muscle strength and endurance as well as by enhancing flexibility.
- **Aqua MS** – The natural properties of water—including buoyancy or weightlessness combined with resistance—create an excellent environment for movement and exercise. Participants can learn to use the properties of water to best meet their specific exercise/fitness needs. Likewise exercise in a pool offers stability and support to practice functional activities such as ambulation. Water often provides support many people with MS need to stand and maintain balance for exercises that would otherwise be too difficult on land.