



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIDLEY AREA YMCA GROUP EXERCISE CLASS DESCRIPTIONS

30-30 – 30 minutes of cycle, 30 minutes of kettlebells

Better Balance- This class will help you learn how to gain better balance in order to help sustain a better quality of life.

Boot Camp - intervals and circuit training with no choreography! Boot camp training and sports drills incorporated.

Core- 30 minute functional core strength workout

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

Cycle/Core- 30 minute cycle followed by 30 minute of core workout.

Cycle/TRX - Cardiovascular workout and well as a total body workout in 60 minutes

Early Bird Yoga - The perfect way to start your day! This early bird workout is a class designed to work out the cramps, tightness and stiffness of the body after a night's sleep. The sequence is to focus on stretching the body and breathing into the tightness that may occur in early mornings. It will get your blood pumping, circulation flowing, and relax your mind as you make your way into the weekend.

Functional Core- 60 minutes of strength training for the Core (abs/ Lower back) utilizing all the equipment for a full 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.

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.



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Hatha Flow Yoga - a balanced combination of breath and movement. You will be flowing mindfully through each posture, while observing your breath. Hatha flow will create heat within the body giving an enjoyable physical workout at the same time keeping the mind calm and balanced.

Senior Strength and Stretch – Increase strength, endurance and flexibility while challenging the cardiovascular and muscular system by doing dynamic functional movements.

Kick Box Combo – Fusion of boxing, martial arts and aerobics. Offering an intense cross-training and total body work out.

Youth Fitness Classes – Functional fitness strength and cardiovascular training

Les Mills Body Combat- mixed martial arts featuring boxing, taekwondo, kung fu and more

Les Mills Body Combat Express- 30 minute all out mixed martial arts version

Les Mills Body Pump- Strength workout with short burst of interval training using plate loaded equipment. All welcomed!

Les Mills Body Pump Express- 30 minute express strength workout using plate loaded equipment.

LES MILLS GRIT – “30 minutes high intensity Training”

1. STRENGTH- uses barbell, weighted plate to perform all exercises
2. CARDIO- using body weight to perform all exercises
3. PLYO- Plyometric exercises to perform all exercises with and or without weight.

LES MILLS GRIT/CORE- 30 minutes of high intensity training followed by CORE

Livestrong @ THE YMCA – 12 week program that provides physical activity for both the mental, spiritual and emotional mind for the Cancer survivor.

Mat Pilates – exercises on a mat with emphasis on core training, posture and body alignment.

Power Yoga- Dynamic flowing sequences that burns serious calories at the same time. All levels welcomed.

PiYo – Pilates Yoga fusion. Dynamic, flowing sequences that burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility for a total body workout.

Pilates Flow- Stretching and pilates moves combined

Red Hot Dance Fitness—Love to dance then this class is for you. Learn dance moves to today's pop music.



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Silver Sneakers Classic – designed for seniors to improve balance and flexibility, as well as overall fitness level. Little or no standing.

Silver Sneakers Circuit - is for those ready to move on to a more advanced level of exercise.

Silver Sneaker Yoga- Mind body exercises that use a chair and all modifications for yoga for a total body workout.

Silver Sneaker Cardio Fit- Low impact cardiovascular workout that increases stamina and energy.

Tai Chi Chih- 19 movements and 1 pose that together make up a meditative form of exercise.

TRX Functional Circuit – Total body resistance exercise. Interval, high power suspension body weight training.

Total Body Training – Shaping and toning.

Yoga - postures and breathing techniques to increase flexibility, stamina and relieve stress.

Zumba Fitness - fuses Latin rhythms with easy to follow moves to create a dynamic fitness program that is fun and effective.

Zumba Gold – cuing and steps are provided with instructions learn dance moves while burning calories