



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Lansdowne YMCA Group Exercise Class Descriptions

**Absolute Abs:** This 30 minute core class will focus on strengthening the muscles in your abdominals and back, and will help improve stability and good posture.

**Barre Fusion:** This class incorporates traditional ballet barre exercises with strength training and mat work to sculpt your entire body.

**Beginner Cycle:** Try this beginner class which is perfect for seniors or those new to cycle. You choose the amount of resistance and set the pace for this low impact cardio workout.

**BODYPUMP:** A LesMills 55 minute strength training class using barbells and plates choreographed to popular music. This class will help you get results with lots of repetitions and lots of fun!

**BODYPUMP Xpress:** A shorter version of BODYPUMP that will still give you a great workout in only 45 minutes!

**Bootcamp:** Military style exercises and drills like push-ups, squats, lunges, and abdominal work. The instructor will help keep you motivated to get maximum results!

**Cardio Combo:** This class provides a low impact cardio workout combined with strength training, using light weights.

**Cardio Dance & More:** 55 minute class with great music and fun choreography guaranteed to burn mega calories! Strength, abdominals, and sometimes step aerobics are incorporated into this class.

**Cardio Kickboxing:** 55 minute class that begins with cardio kickboxing moves like jabs, hooks, kicks, and more, followed by toning and abs to help you bring out your inner warrior!

**Cardio Strength Circuit:** A full body cardio and strength workout, which may include stations, bursts of cardio, and strength training exercises.

**Cycle 45:** 45 minute indoor cycle class consisting of non – impact moves including sprints, climbs, and flats with motivating music to move you along! Please bring a water bottle and a towel. This class is sure to make you sweat!

**Cycle 30 + Core:** This class begins with 30 minutes of cycle to help improve your endurance and cardio, and is followed by 10 minutes of abdominal and back work to help build a stronger core.

**Functional Fitness:** Improve strength, power, agility, coordination, endurance, reflexes and balance. Mental imagery and elements of kickboxing, and weight training are used along with fun fitness techniques.

**Global Dance:** This class welcomes all levels to participate in a unique class that offers an energetic union of music and dance from various lands around the world. Students will gain strength, improve stamina, and gain confidence, while expressing themselves through dance!

**Insanity:** Timed cardio intervals at various levels of intensity. Get ready to burn lots of calories!

**Interval Training:** Intervals of cardio combined with intervals of strength designed to give you a total body work out.

**Latin/Hip Hop Fusion:** A fun dance class blending Latin and Hip Hop movements for a fun cardio work out.

**Mat Pilates:** Improves muscle strength, balance, flexibility and body alignment using control, exercises are performed on a mat with an emphasis on core training and lengthening of the muscles (may bring your own Pilates Mat)

**Pound:** Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums

**Ride Together:** This cycle class designed by MOSSA is a great way to burn mega calories in 30 or 45 minutes. Classes are appropriate for all levels of fitness.

**Silver Sneakers Cardio:** 55 minute class that begins with a low impact cardio segment, followed by standing and seated strength training movements for the entire body, mat work is optional.

**Silver Sneakers Classic:** Class combines Cardio and Activities using Balls, Tubing and Dumbbells for the newer or senior population.

**Silver Sneakers Yoga:** Yoga poses and postures using a chair.

**Senior Fitness & Balance:** A combination of cardio, functional fitness and balance segments for active older adults.

**Strength Basics:** A total workout to strengthen the entire body using various types of equipment including hand weights, body bars, medicine balls, and resistance tubing.

**30/30:** This class begins with 30 minutes of cardio, followed by 30 minutes of strength work

and abs.

**Total Body Toning:** 55 minute class with the emphasis on strength and conditioning of the entire body. A variety of equipment is used in this class.

**TRX:** Total body workout using your own body weight with the help of suspension straps. Originally designed by a Navy Seal, this workout can be done by anyone at any fitness level!

**Yoga:** Series of physical postures and breathing techniques to increase flexibility, stamina, and relieve stress. An excellent class for the student who is new to Yoga (may bring your own Yoga Mat).

**Zumba:** Combines Latin dance movements for an effective aerobic workout. The most fun you can experience while exercising. Join the party! Participants must wear sneakers.

**Zumba Gold:** Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.