



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIDLEY AREA YMCA GROUP EXERCISE CLASS DESCRIPTIONS

ALL ABS- 30 minutes of abdominals utilizing all equipment

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.

CYCLE CLASSES

Beginner Cycle – New to cycle, then this 30-minute class is for you.

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

Cycle / Abs – 30-minute cycle followed by 15 minutes ab work out.

Cycle/CXWORX- 30-minute cycle followed by 30 minute of core, hips, and lower back workout.

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

Power Cycle – 60 minutes of higher intensity cycling.

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.

Kettle Bells – A cast steel or iron weight used to perform ballistic exercises that combine cardiovascular, strength and flexibility training.

Kinesis Circuit – 30 minutes of strength, cardiovascular and interval training in the Wellness Center for a full body work out in half the time.

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

POUND- one pound drumsticks for a total body workout



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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 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”

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.

GRIT/CXWORX- 30 minutes of high intensity training followed by core, hips and butt exercises

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

PILATES CLASSES:

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

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.

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



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SILVER SNEAKERS CLASSES:

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

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.

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

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

TRX CLASSES:

Boot Camp – Suspension Training exercises combined with conditioning intervals to build total body strength and cardiovascular endurance.

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

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

YOGA CLASSES

Early Bird Power 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. ROOM HEATED to 80 degrees

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.

Vinyasa - a balanced sequenced of breath and movement. You will be flowing mindfully through each posture, while observing your breath.

Power Yoga- Dynamic flowing sequences that burns serious calories at the same time. All levels welcomed. ROOM HEATED to 80 degrees

Slow Flow – slower paced, this class links postures and breathing techniques to increase flexibility, stamina and relieve stress.



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Vinyasa Meditation – Flow through sun salutation followed by total mind meditation.

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