

DAVIS FAMILY YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

At the Davis Family YMCA we strive to meet all of our members' fitness goals through our wide variety of programming. Our instructors are certified through the YMCA of the USA, ACE and/or AFAA and maintain Continuing Education so that we can meet your needs. These class descriptions are a general guideline of what you can expect from each class. We strive to teach our classes multi-level to accommodate all members. We encourage you, especially if you are new to Group Exercise, to talk with your instructors, ask questions and give us feedback. Enjoy your workouts!

CARDIO CLASSES – WORKOUTS WITH YOUR HEART IN MIND

STEP/ADVANCED STEP/SAT STEP – a 45 minute class utilizing the step to provide an overall cardiovascular workout. This class is fast-paced and fun with choreography to keep you challenged– come ready to break a sweat! The Advanced Step class requires prior Step experience.

KICKBOX DRILLS AND ABS – Don't let the length of this 45 minute class fool you – it is fun but tough. Kickboxing drills will have you punching and kicking while strengthening your core and improving your flexibility. The class will also include floor work to strengthen both the abdominals and the lower back.

ZUMBA® – Dance your way to a fitter body with this easy to follow class inspired by music and rhythms from around the globe. This class is more like a party than a workout – bring a friend and join the excitement! Our Zumba classes are limited to 30 members per class so everyone can enjoy the experience. Please sign up for this class at the courtesy counter or by calling 777-9622.

GoLo Plus – Here's the high energy low impact workout you've been waiting for. This class combines 30 minutes of choreographed low impact aerobics with 15 minutes of abs and floor exercises. A variety of equipment will be utilized including stability balls, mats, tubes, weights and chairs.

PILOXING – This class mixes the speed and agility of boxing with the sculpting and flexibility of Pilates. It's designed to target all major muscle groups in a fun, challenging format.

INDO-ROW – Indoor Group Rowing led by an instructor. This 50 minute class is a total body workout that simulates a season of rowing in every class. The class will tone the body, work the heart and give you clear cut numbers which allow you to track improvement over time. Due to the limited number of rowers you must sign up for this class at the courtesy counter or by calling 777-9622.

SPIN – Group cycling led by an instructor. This 45 minute class provides a great cardio workout. Appropriate for all levels of fitness – but please come to class 10 minutes early and let the instructor know if you are new to ensure proper bike set-up. Give it a try! Due to the limited number of bikes you must sign up for this class at the courtesy counter or by calling 777-9622. Please come with a full water bottle and towel – you will sweat!

EXTREME FITNESS – This one hour class may combine running, cycling, lifting, plyometrics, kettlebells, jump ropes or other unexpected surprises to challenge your fitness level and help you achieve the goals. Are you ready for an early morning Saturday challenge?

STRENGTH TRAINING CLASSES – INCREASE YOUR LEAN MUSCLE MASS

TOTAL BODY – A progressive resistance class utilizing a plate-loaded bar and/or other strength equipment. 50 minutes provides a complete weight workout. You will focus on improving your overall strength and body composition. To ensure all participants have equipment please sign up for this class at the courtesy desk or by calling 777-9622.

ON THE BALL – This 40 minute class offering uses the Stability balls, Medicine Balls and Bender balls to give you a well-rounded workout. Core work is always included.

MUSCLE MANIA – This class combines cardiovascular conditioning with strength training in a fun and energizing workout.

MIND BODY CLASSES – Appropriate for all fitness levels

PILATES – Core training appropriate for all levels of fitness. This is a mat class which utilizes the Joseph Pilates method. Strengthens the powerhouse and improves flexibility. A perfect cross-training workout.

YOGA – a 60 min class perfect for building strength, endurance and flexibility in all areas of the body. Yoga will also help you reduce stress and bring balance to your busy life.

DAYBREAK YOGA – A 55 minute class that will energize your body and soul so you can face the day with confidence. Flowing poses will get the body moving and improve your flexibility and core strength.

YOGA-LITE – A Yoga class suitable for beginners, seniors or anyone wanting a gentle approach to Yoga.

CHAIR YOGA - A Yoga class suitable for beginners and seniors or anyone wanting a gentle approach to Yoga. A chair is use as a prop throughout the entire class.

POWER FLOW YOGA – This class will follow a dynamic flow sequence for those already experienced in Yoga.

WEEKEND YOGA – This 60 min. class accommodates all Yoga levels and will focus on strengthening the mind and body through dynamic flowing sequences. A great complement to your weekend.

CLASSES FOR THE YOUNG AT HEART

SILVERSNEAKERS **MSROM**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVERSNEAKERS □ **CARDIOCIRCUIT** – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

AQUATIC CLASSES

SILVERSPLASH □ -This class contains light to moderate movement that may be modified by the instructor or participant to effectively and successfully achieve an improved state of well-being, regardless of disabilities.

SENIOR WATER PARK – This class is fun in the pool. The instructor will incorporate group activities and loads of props so members have a splashing good time.

H2O Aerobics - Have fun in the pool while improving your fitness level. H2O Aerobics will burn calories and tone muscles. This class is a cardio and strength workout that is easy on your joints.

1/2 +1/2 H2O – Water aerobics at both ends of the pool. This class will be taught in both the shallow and the deep water.

YOUTH/FAMILY CLASSES

YOUTH FITNESS – this class is for our members ages 10-14. It teaches proper use of our Fitness Floor equipment. After completing Teen Fitness our youth members are welcome to use the fitness floor equipment with proper supervision.

FAMILY ZUMBA® – A Zumba class for the whole family. Kids ages 6 and up may participate with or without an adult. Younger children should be accompanied by an adult. The class is taught in a fun and flowing format so everyone can move at their own pace.

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