

CLASS DESCRIPTIONS

AM ENERGIZER – Come join this early morning class that incorporates weight training, aerobic activity that gets your body moving.

PILATES/YOGA Core muscle training .Build strength, improve muscle tone and flexibility. Improve circulation and respiratory systems. Combines body and mind exercises to improve self-awareness and relaxation. Pilates first half Yoga last half with relaxation. All Fitness Levels.

YOGA - yoga is about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.

FIT FOR ALL! – Bringing back hi-lo aerobics. Have fun while you sweat! High and low impact provides a class for all levels and ages. From the young to the older active adults, this class will improve cardiovascular health, muscle strength and mobility. Work at your own level of fitness, not a competition class! All Fitness levels, targeted at participants who would like to work up to higher levels.

STEP – using the Reebok Step, instructor moves you through various routines to strengthen lower and upper body. Routines may be done without step for beginners. Cardio class.

BODY BLAST– Strength training using more reps and concentration on main muscle groups, similar to power sculpt, but slower movements and control. All Fitness Levels.

CORE/CUTS – Focusing on upper body strength training and core muscle(abs, hip flexors and lower back) no lower body work in this class. Using resistance equipment.

BUTTS & GUTS – Focusing on lower body and abdominal exercises, no upper body work in this class. Using resistance equipment

BLOCK CIRCUIT – This class consists blocks of circuit exercises working a particular muscle group every 4 minutes. All fitness levels.

CIRCUIT/INTERVAL – Using various equipment and changing to a 3:1 ratio, this class is fun and works both cardio and muscular strength.

SILVER SNEAKERS® – 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.

SILVER SNEAKERS®- YOGA STRETCH

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

ZUMBA® – the mix of international Latin music provides this class with a variety of dances and rhythms. It is “exercise in disguise.” All levels of fitness welcome and no dance experience necessary. Everyone is invited to join the **Zumba®** experience. **Class is an interval class incorporating cardio, strength, and core elements to each class.** Each instructor has their own style of teaching **Zumba®** while keeping to basic principles. 70% latin/30% other.

TAE KWON DO CLASSES -

Korean Martial Arts

Offered Free with your YMCA membership

\$45.00 per month for non-members.

Ages 7 to adult

***The Henderson county Family YMCA may cancel any fitness class without notice that does not maintain a minimum attendance. All non-member fees should be paid at the service desk prior to program.**

<http://www.hcfymca.com>