



**Bob Chan-Kent Family  
YMCA Group Fitness  
Classes**

Name	Class Description	Sample Exercises	Who it's Designed for
<b>Yoga and Stretch</b>			
Y Hatha Yoga	An introduction to basic breathing techniques, postures, and relaxation exercises.	Breathing, stretching and easy to follow yoga movements.	Those new to yoga as well as anyone looking to focus on their breath.
Y Vinyasa Yoga	An emphasis on postures that synchronize your breath and movement, this class helps you develop core strength, breath awareness and improve your spine's alignment.	Poses that help your core strength and flexibility.	Those looking to try a variety of poses.
Y Yin Yoga	A class aimed to work into our deep tissues with series of passive floor postures that will be held for up to 5 minutes. Yin yoga has the potential to increase circulation and flexibility, balance our nervous system, reducing stress and anxiety, encourage deeper relaxation and release holding patterns in our fascia. Breathing techniques will be offered to support practice.	Passive floor postures held for up to 5 minutes and breathing techniques.	Those new to yoga as well as anyone looking to focus on their breath.
Y Restorative Yoga	A style of yoga that encourages physical and mental relaxation to help soothe the nervous system and promote rest.	Relaxing easy to follow movements focusing on long holds, stillness, and deep breathing.	For those who like yoga at a slower pace.

Y Stretch	This class helps condition and stretch your various muscle groups through passive and dynamic stretch routines and techniques with some strength work to help you increase range of motion.	Lunges, planks, jumping moves, stepping, balance work, making use of a Bosu ball and its versatility.	Anyone who is looking to increase their mobility and flexibility.
<b>Cardio</b>			
Y Cycle	Cycle your way to good health. A class of varying intensity, suitable for all experience levels, this class uses various cycling techniques to keep the workout varied.	All bike work, using a variety of hill work and interval training at various speeds and intensities.	Anyone who loves to sweat using their bicycle!
Y Dance	A fun workout while dancing to popular music.	Dance moves to different styles and genres of music.	Dancers! No experience needed.
Y Bollywood Dance	A vibrant and entertaining dance suitable for all fitness levels offering a physical workout and a mental challenge. It gives a whole body workout while dancing to the rhythm of famous Bollywood music.	Dance moves to different styles of Bollywood music.	Dancers! No experience needed.
Y Sweat	A high-speed, high-energy class that combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises using free weights, plyometrics, cardio training and balance work.	Use of barbells, free weights, bosu balls, resistance bands, jumping & plyometric exercises.	Anyone that enjoys a high energy class and wants to get moving.
Y Step	Step uses an adjustable, non-slip platform taking you through a choreographed calorie-burning, stamina	Variety of marches, and forward, side and backwards moves along with some overhead work, using only a step	Anyone that enjoys a high energy class and wants to get moving.

	enhancing class to suit all fitness levels.		
Y Step and Strength	A class utilizing an adjustable non slip platform, weights and resistance bands for a calorie burning, stamina enhancing full body workout.	Use of a step, resistance bands and weights for a full body workout.	Anyone that enjoyed a high energy class and wants to get moving.
Y Hula Hoop	A full body workout focused on balance, core strength, stability and developing movement coordination. This 60 minute class will teach you the basics of learning the techniques to master the hula hoop for fitness and fun.		Anyone looking for a fun and unique workout. All levels welcome.
<b>Strength</b>			
Y Strength	Using barbells, dumbbells and your own bodyweight, this powerful workout will have you feeling a burn long after you are finished.	Squats, push ups, overhead presses and bodyweight work.	Anyone that wants to build muscle and lift weights in a class environment.
Q Strength Q Strength Gentle	Queenax is a functional fitness station that allows everybody to explore an infinite range of natural movements and exercises.  A great multi-fitness class for all levels of exercisers using Queenax equipment. It's also more than just strength training. Each exercise uses equipment you may not use every day, making this class a great way to add variety into your fitness routine.	Use of up to 10 stations combining strength, cardio and core stability.	We offer two levels of Q Strength classes:  Q-Strength: for the everyday active member – a great place to start from beginner to intermediate  Q-Strength Gentle: for those new to exercise, older adults or anyone with mobility restrictions/injuries

Y Core	A 45 minute class aimed to improve your posture and build core muscle groups used in activities of daily living. This class takes participants through a variety of exercises designed to strengthen the abdomen and back muscles while increasing flexibility.		Anyone, your core is a foundation of all body movements.
<b>Gentle</b>			
Y Gentle Cardio	A low impact class using walking and marching variations to help participants regain fitness after injury or increase strength and endurance.	Walking and march variations focusing on balance, coordination and cardio.	Anyone returning from injury or older adults.
Y Gentle Cardio and Tone	A low-impact class focusing on functional strength, light cardio and balance.	Use of resistance bands, light dumbbells and weighted balls to work on cardio, strength and functional strength.	Anyone returning from injury or older adults.
Y Gentle Basics	A seated class designed to improve posture, coordination, endurance strength and balance.	Seated and chair based low impact exercises.	Older adults
<b>Aquatics</b>			
Y Aquafit	A shallow water medium intensity workout using water and equipment for resistance, toning muscles, and increasing endurance.	Use of buoyancy belts, water dumbbells, and kickboards for a workout aimed to tone muscles, increase endurance and improve flexibility.	All levels welcome.
Y Gentle Aquafit	A low impact aquafit class designed to improve mobility through a series of stretching and strengthening exercises performed in shallow water.	Use of buoyancy belts, water dumbbells, and kickboards for a low impact workout.	All levels welcome. Class best suited for those recovering from injury, older adults and beginners.

