



**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 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.
Y Chair Yoga	Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Offering the same benefits of traditional yoga including improving strength, flexibility and mental wellbeing.	Breathing, stretching and easy to follow yoga movements from a seated or supported standing position.	Anyone returning from injury or older adults.

## Cardio

Y Cycle Intro	Cycle your way to good health. This class offers an introduction to cycle. Teaching you the basics and building your confidence on the bike.		Anyone looking to get into cycle classes or wanting a refresher on the basics.
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 enhancing class to suit all fitness levels.	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.

Y Step and Strength	A class utilizing an adjustable nonslip 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 enjoys a high energy class and wants to get moving.
<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.
Y Strength Express	A circuit style class using a variety of equipment including dumbbells, resistance bands and bodyweight exercises for a full body workout.	Use of up to 10 stations combining strength, cardio and core stability.	Anyone that enjoys a high energy class and wants to get moving.
Y Strength and Balance Express	A circuit style class using a variety of equipment including dumbbells, resistance bands and bodyweight exercises to maintain strength, agility and balance.	Use of up to 10 stations combining strength, cardio, core stability and balance.	Anyone returning from injury or older adults.
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	Walking and march variations focusing on balance, coordination and cardio.	Anyone returning from injury or older adults.

	after injury or increase strength and endurance.		
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
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.

### Aquatics

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.

### Drop In Programming

Adult Water Walking	A designated time for water walking or rehab exercises in our pool.		Adults looking for a quiet time for walking or rehab exercises in our pool.
Adult Walking	A designated time for walking laps of our gymnasium. A great way to get your daily steps in.		Adults looking for a space protected from the elements to get daily steps in.