

# Valley Shore YMCA

## Group Exercise Class Descriptions

### **20/20/20:**

This class is the best of everything all in one hour. Designed to take you through 3 different formats chosen by your instructor and lasting for 20 minutes each. This is a class that will feel challenging, fun and unique and, best of all, will allow you to sample new formats each week!

### **BARRE:**

This class will burn your muscles to their fullest potential by focusing on lengthening, strengthening, stretching and elongation giving this work-out a new and different feel. It also includes many exercises to strengthen the core and the seat. In this class you will burn calories efficiently while at the same time challenging mind and body in a workout you are guaranteed to love! All fitness levels are welcome to attend!

### **Body Defined:**

Build muscle, increase endurance, develop strength, and stabilize the core while improving your balance for an overall functional work-out. Use free weights and various other props in fun, creative, and multi-joint movement combinations that will include many assorted balance challenges, keeping the class fun and feeling different each time.

### **Boot Camp (Introductory):**

This class is designed to kick up your usual workout a notch-Bootcamp style! If you have been thinking about trying Bootcamp but aren't sure if you are ready - this is the class for you! This class is designed to give you a Bootcamp-style workout but also allow you to work at your own pace and help you work up to the full-on Bootcamp experience. If you are already taking Bootcamp- don't worry! This class will still challenge you in all the same ways.

### **Boot Camp & Boot Camp Express:**

This is an extreme work-out that features interval combos, Plyometrics, body strength, core-training and endurance. This class is held indoors and outdoors.

### **Bosu Express\*\*:**

Fast and furious is the word for this one! An intense, 30 minute cardio class that will have you sweating through cardio drills taught using the Bosu balance ball. Take your cardio training to a whole new level in half the time in this high-intensity, fun, and challenging half hour!

\*\*This class is an intermediate level class so if you are new to exercise please let your instructor know

### **Cardio Kickbox Blast\*:**

A fun and exhilarating class that will take you on a hard-hitting, fast-kicking, heart-pumping journey into the world of cardio kickboxing. This class is designed to push you to your cardio limits and take your work-out to a whole new level. Kickboxing bags are provided for this class.

*\*Boxing gloves are recommended for this class*

### **Chaos:**

A crazy fun way to mix up your workout! Join our instructors for a class that will take you through traditional cardio and strength Tabatta intervals in combination with challenging, fun bursts of Plyometrics to help you build speed, agility, power, and strength. This is a high-intensity class, but as always, modifications are available as you build your strength and skill level with each class. Come join the fun and see what a great workout this is!

**Fifteen Minute Ab Blast Express:**

An intense core work-out that will work all the muscles of the core in just 15 minutes! Great for anyone looking for something new for the core without having to spend lots of time working at it.

**Group Strength Training Class:**

This class is designed to build muscular strength and endurance using dumbbells and body-bars.

**Hi Intensity Intervals:**

Sweat it out with cardiovascular endurance, strength-training and overall conditioning. This class uses many different types of equipment for mixing it up and keeping it fun!

**Hi/Lo Intervals:**

Jump into an interval training class designed for all fitness levels! This class is taught with many different intensity options to build cardiovascular strength and endurance and to tone and shape muscles, utilizing a large variety of exercises, all of which are designed to challenge you but allow you to work at your own level.

**Hope Is Power... H.I.P. Level 1:**

This free program is for Cancer survivors at any stage of treatment or recovery. This program is designed to address overall wellness including cardiovascular fitness, resistance-training, range of motion, balance, and general nutrition, and helps to alleviate fatigue, sleep issues and stress. This class requires pre-registration.

**Hope Is Power... H.I.P. Level 2:**

This free class is led by a certified Cancer Exercise Specialist for students that have completed the 12-week H.I.P. Level 1 session course. The class will build upon the knowledge that you gained in the first 12 week course. Completion of level One must be met before registering for level Two.

**Interval Ride:**

Take a cycling journey that includes lots of timed intervals of hills, thrills, and drills in this class designed to take you on a ride that is challenging and fun, leaving you feeling invigorated and strong!

**Lower Body Blast:**

Target your lower body using weights, bars and bands in this workout designed to challenge the muscles of your lower body, core strength and endurance. This class utilizes a wide variety of equipment to keep you challenged and fit.

**Low Impact Aerobics:**

A great cardio workout designed to improve range of motion, flexibility, endurance and light weight work that benefits joint function and bone density.

**Olympic Lifting:**

A class designed to guide the heavy lifter looking to increase muscle size, strength and endurance with heavy weights. This class will teach proper form when trying to achieve maximum weight and reps. This class meets downstairs in the Wellness Center.

**Pilates Basic Mat I:**

This is a class designed to welcome all levels of students, particularly the beginning Pilates student. This class utilizes the classic trainings of Joseph Pilates to take you on a journey through the Basic Mat Flow of exercises that will teach you how to articulate and elongate the spine, strengthen and tone your core and make that ever important mind-body connection to help you achieve balance. This class will be taught utilizing various props for new challenges as the class progresses and continues throughout the session.

**Pilates (Intermediate)\* and Sculpt:**

This class is designed for the seasoned Pilates practitioner who would like to continue his/her Pilates training with the higher level mat exercises in mind. This class is an excellent way for the seasoned Pilates student to continue progressing and mastering the format. Various props will be used in this class.

*\*At least some knowledge of Basic Mat I is highly recommended before attending this class*

**Silver Sneakers Circuit:**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Unlike the Silver Sneakers Classic class, this class is taught mostly standing.

**Silver Sneakers @Classic:**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. A chair is used for seated and /or standing support.

**Spinning (Introductory):**

Designed for the first-time rider, this is a quick 15 minute class designed to give the instructor a chance to introduce you to and help you set yourself up on the equipment while also giving you a quick introduction to the spinning experience that will follow. If you are new to Spinning, this is an excellent opportunity to get to know your instructors and the equipment.

**Spin:**

Join a wide variety of excellent instructors on a cycling journey full of great music, hills, drills and thrills in this class designed to fit all fitness levels and designed to allow you to customize your ride the way you want to work today. It will challenge your cardio endurance and leave you feeling invigorated and fit!

**Spin & Sculpt:**

A perfect mix of cardio-conditioning and resistance-training, you will take a cycling journey full of great music, cardio drills, thrills, and then finish off your workout with a half hour of body sculpting using various resistance training equipment. This class will challenge your body, mind and heart and leave you feeling ready to face the weekend!

**Stretch Fusion:**

This class is designed to take you on a journey of flexibility that will help you balance body and mind as you are guided through a fusion of classical stretching moves and yoga inspired poses. Class concludes with a relaxation segment. Bring your own mat and towel.

**ZUMBA:**

Jump on in for hip shaking fun that fuses the best Latin music and dance styles with some of the latest dance moves and popular music of the day. No experience necessary- just a desire to sweat it out with non-stop, low-impact dance fun!

**ZUMBA TONING:**

If you are looking for a fun, exciting new workout then this is the one for you! When it comes to body sculpting and high energy cardio work, ZUMBA TONING raises the bar. It combines targeted body sculpting exercises utilizing light-weight "toning sticks" to enhance rhythm, balance and coordination which target all the major muscle groups. This is a high energy cardio workout with Latin infused ZUMBA moves which create a calorie torching, strength-training fitness dance party that will leave you feeling strong, toned and worked completely from head to toe. This class is perfect for all fitness levels.