



## Valley Shore YMCA Group Exercise Class Descriptions

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### **20X3:**

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! **Tuesdays at 6 PM; Fridays at both 6:00 am and 9:00 am.**

### **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! **Wednesdays 9 AM & Thursdays 10:15 AM.**

### **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. **Mondays 9 AM and Friday 8:30 AM.**

### **Boot Camp:**

This is an extreme work-out that features interval combos, Plyometrics, body strength, core-training and endurance. This class is held indoors and outdoors. **Mondays 6 AM & 9 AM; Wednesdays 6 AM & 9 AM. Thursdays 6 PM, and Saturdays 8:45 AM.**

### **Urban Rebounding Express:**

Super fun, high intensity 30 mins. of cardio taught entirely on mini-trampolines. This class moves with the beat and will teach you proper technique for using the trampoline. Heart rates skyrocket and the fun never ends in this fabulous format designed to have you feeling it from start to finish. This class is easy on the joints and is designed for all fitness levels. **Sundays at 9:00 am**

### **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! **Sundays 9:30 AM.**

*\*\*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. **Mondays 7 PM. Thursdays 9 AM and Saturdays 8:30 AM.**

*\*Boxing gloves are recommended for this class*

### **Circuit Rush**

This class is functional training at its best. Done using timed circuits that allow everyone a chance to learn each move/station before moving on to the next. This class will have you working up a sweat while continually moving from station to station. Functional training that is fun, challenging and all done in 45 minutes.

### **Strength Train Together:**

This class uses the barbell system with interchangeable plates to give a unique, carefully choreographed strength training workout that focuses on functional training for all the major muscle groups in the body. This class features hard-hitting fun music that fits every taste and which adds to the appeal of this workout.

**Sunday 8:00 am; Tuesday and Thursday at 9:00 am; and Wednesday at 7:00 pm.**

### **Strength Train Together Express:**

This is the same as the above, however it is shortened into a half an hour and will focus mostly on upper body training. This is a great way to get a quick half an hour of muscle work in to tone and shape your upper body.

**Thursday at 6:00 am and Tuesday at 8:15 am**

### **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.

**Thursdays 10 AM and Saturdays 9:30 AM.**

### **Group Strength Training Class:**

This class is designed to build muscular strength and endurance using dumbbells and body-bars. **Mondays and Fridays 6:45 AM.**

### **HIIT – All Levels:**

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.

**Wednesdays 8:30 AM.**

### **HIIT Cardio Express:**

A fast-paced cardio intervals class that will take you to new heights with your cardio training. Designed to give you a great, heart-pumping workout in a quick 30 minute class.

**Thursday's at 6:30 am**

### **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.

**Tuesdays & Thursdays 1 PM.**

### **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.

**Thursdays 2:30 PM.**

### **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!

**Wednesdays 5 PM.**

### **Kickbox Bootcamp Blast:**

A fusion of fun kickboxing moves using the bags, with hard-hitting, get your sweat on Bootcamp style drills to up the strength and endurance challenge in a class that promises to start your day off right, keep you sweating, smiling and strong. *(Boxing gloves are recommended – but not mandatory for this class.)*

**Tuesdays 6 AM.**

**LIFT:**

A great strength workout with body weight, balance and postural exercises built in. This class is designed to improve strength, range of motion, balance and endurance using both heavy and light weights. This class will also include some work done on the mat on the floor. This class is specifically designed for our Active Older Adults who want a little more than Silver Sneakers but not as much as Body Defined. **Fridays 10:15 AM**

**Locomotion:**

This class focuses on interval training that will combine both strength training and cardio endurance exercises. While high impact options will always be available, this class will focus on low impact exercises that will teach both the beginner and the more seasoned exerciser how to use intervals for weight loss, overall strengthening, and healthy lifestyle training. **Wednesdays 6 PM.**

**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. **Tuesdays & Thursdays 10:15 AM.**

**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. **Mondays at 10:15 AM**

**Pilates Basic Mat Fusion:**

This is a class designed to welcome all levels of students. 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 also include a fusion of Barre Exercises and Yoga Poses sprinkled in to increase the challenge and give the participant a fusion of all three formats. This class will be taught utilizing various props for fun new ways to challenge the body. **Thursdays at 6:30 PM.**

**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. **Tuesdays 6:30 pm**

*\*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. **Mondays 10:15 AM & Thursdays (with Balance and Posture mixed in) 11:15 AM.**

**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. **Tuesdays 11:15 AM.**

**Spinning:**

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!

**Mondays 5:45 AM, 5:15 PM. Tuesdays 5:15 AM, 7:30 AM. Wednesdays 5:45 AM. Thursdays 5:15 AM, 6:45 PM. Fridays 5:45 AM, 7:30 AM, Sundays 7:30 AM.**

**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. **Mondays 5 PM.**

**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! **Saturdays 7:15 AM.**

**Yoga Vinyasa – all levels:**

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 towel. **Fridays 9:45 AM.**

**Yoga (Includes Ashtanga Style)**

Our classes welcome everyone, regardless of fitness level, or yoga experience. Your instructor will help you to take your practice where you'd like to go. Our Yoga classes are offered in various levels and taught by a variety of teachers. Be sure to try them all to find the class right for you. We also recommend Stretch Fusion for those looking for more Yoga opportunities. **Tuesdays 7 PM. Wednesdays (taught in Ashtanga style on this day) at 9:45 am and 5 PM. Friday 5 PM, Saturdays 4 PM, Sundays 12 PM.**

**Intro to Yoga:**

A great way to begin your journey into Yoga. Taught in the Vinyasa style this class focuses on the foundations and beginner poses that help you start with a solid knowledge of the basics so you can take your practice anywhere from here. **Tuesdays at 9:45 am.**

**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! **Wednesdays 10 AM. Thursdays 7:30 PM. Saturdays 9:45 AM.**

**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. **Mondays 6 PM. Thursdays 5:45 PM.**