

# HEALTHY LIVING

## Improving the nation's health & well-being.



Whether you're starting your fitness journey, trying to get back on track or have always made FITNESS a part of your day, we have a variety of classes to keep you motivated and excited to work out. Experience the support and encouragement that comes from working out with instructors and other members in a group setting.

Most fitness classes are **FREE** for members, however classes do have daily maximums and are filled on a first come, first served basis. **Please register ahead to ensure availability.** Classes are subject to cancellation if minimums are not met.

### **STRENGTH-CARDIO-CORE ACTIVE OLDER ADULTS (AOA)**

A cardio, strength & flexibility workout for the mature member.

### **BAR INTERVAL**

A group strength class incorporating barbells.

### **BODYCOMBAT™**

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave your inhibitions at the door.

### **BODYPUMP™**

BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Burn up to 590 calories. You'll leave the class feeling challenged & motivated.

### **BOOMERS CARDIO CIRCUIT**

A standing exercise class where Boomers, 55 or better, tone using cables and hand weights to strengthen, as well as sticks and small balls for hand dexterity. Up-beat music, with a great cardio workout.

### **CORE DE FORCE™**

KICKBOXING and MUAY THAI in 3 minute rounds - workouts are broken into 3 minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations. Bodyweight moves with a fat-blasting cardio spike in every round.

### **CORE & SCULPTING**

A class that's more than just abs. Using a variety of equipment to strengthen your chest, back, abs & hip, using body weight, hand weights, resistance cables, stability balls & medicine balls.

### **CORE & STRENGTH**

Using stability balls, hand weights and resistance cables to tone and sculpt a healthy body.

### **CORE FUSION**

Build full body strength focusing on the core muscle groups, using resistance bands.

### **COREFLOW**

Short & to the point, this core is sure to fire up your core from all sides. Work your core from the front, back, and side.

### **DOUBLE STEP**

60 minutes of step cardio using 2 steps.

### **EXTREME INTERVAL STEP**

This step class challenges cardio endurance with varying intervals.

### **FREE WEIGHTS**

Upper body toning using dumbbells, bands & balls

### **GUTTS-N-BUTTS**

An intense workout to strengthen & define your abs, legs & glutes!

### **HIIT**

An intense step and barbell cardio bootcamp workout.

### **INSANITY® LIVE (not for the beginner)**

An intense cardio & calisthenics workout that uses no equipment. Participants perform long bursts of maximum intensity exercises with short periods of rest alternating between anaerobic and aerobic intervals.

### **KICKBOXING**

A kickboxing class using the upright bags, with punching and kicking drills. Core work and stretching completes the class.

### **MATURE MUSCLES**

For those 55 or better who are looking for an energetic workout that engages both mind and body. This class uses hand weights and cables for toning and stability balls for core strength. Fun music brings the group through one hour of cardio and toning.

### **MATURE MUSCLESS: LIGHT TONING AND BALANCE**

Keep your entire body toned & fit in this energizing class with challenging balance exercises.

### **METABOLIC MELTDOWN**

Cardio & weight lifting intervals, body burning fat & building muscle, using dumbbells, medicine balls, weighted bars, steps, bosu ball and bands.

### **P90X® LIVE (not for the beginner)**

Short training cycles will constantly challenge muscles with variety and intensity. P90X Live combines resistance, plyometrics, and cardio style workouts, known as muscle confusion. Never plateau your workout.

### **PILOXING®**

A surprising blend of Pilates and boxing that will transform your body.

### **SILVER SNEAKERS®**

Silver Sneakers classes are safe, multilevel, and equipment-based total body conditioning classes for Medicare-eligible participants. Classes improve muscular strength, increase range of motion & flexibility.

### **SILVER SNEAKERS® CARDIO CIRCUIT**

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength using hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

### **SINGLE STEP-BAR INTERVAL**

Full body toning using body bars mixed with cardio on the step.

Visit [ymcaracine.org/schedules](http://ymcaracine.org/schedules) for Group Fitness schedules or stop by Welcome Center.

# GROUP FITNESS

## STRENGTH-CARDIO-CORE

### STEP CARDIO

Using the step, you'll move your way through several choreographed combinations that will give your heart the cardio boost it needs to stay healthy & happy. Class complexity & intensity varies.

### STEP INTERVAL

Using the step, this energetic class will guide you to a mix of aerobic step movements combining dynamic weight training while maintaining coordination on or off (optional) your step. Great for all levels.

### STRENGTH TRAINING

Improving muscular strength by gradually increasing resistance using free weights and body weight. To impose increasingly greater resistance and stimulating muscle strength.

### TABATA HIIT

An intense workout that will take you thru Tabata Drills (20 sec) using the HIIT (high intensity interval training) concepts.

### WERQ

Fiercely fun dance fitness class based on pop, rock, and hip hop music.

### ZUMBA®

Zumba is a Latin dance-based fitness class.

### ZUMBA® TONING

Zumba Toning targets the abs, thighs, arms and muscles throughout the body using of toning sticks or light hand held weights.

### STRONG BY ZUMBA®

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

## CYCLING

### INDOOR CYCLING

An intense cardio workout in our indoor cycling studio. Every workout is designed to challenge all fitness levels. **Pick up your cycle pass at the Welcome Center Desk. Class is first come first served.**

### INDOOR CYCLING 30

A 30 minute Indoor cycling class that is great for beginners and seniors.

## MIND-BODY

### BODY FUSION

Total body workout that uses free weights, band & balls.

### PILATES

Pilates classes are performed on a mat. All exercises are zero impact and easy on the joints, strengthening the core muscles and gently increasing flexibility. Instructors help modify exercises to accommodate all levels.

### PILATES STRETCH

A combination of Yoga and Pilates, providing a great workout with both workouts in one.

### SILVER SNEAKERS® YOGA

A series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

### YOGA

Rest & relax in this class using stress relieving techniques along with yoga asanas.

## MIND-BODY

### YOGA - CHAIR VINYANSA

Enjoy the benefits of Yoga seated in a chair. Working on leg strength, range of motion in shoulders & hips, both static & dynamic balance, core strength, stamina & flexibility.

### YOGA - GENTLE HATHA

Slow & gentle paced, concentrating on physical health & mental well being. Hatha yoga uses bodily postures & breathing techniques, with the goal of promoting balance & flexibility while bringing about a sound, healthy body & clear, peaceful mind.

### YOGA - VINYASA FLOW

Traditional yoga, flowing from one posture to another, including pose holds and deep stretches. All levels welcome.

### YOGA - VINYASA

Fun, engaging class including sun salutations, standing poses, balancing postures, seated & reclining poses, all while connecting each pose to the breath. Modifications are explained for all postures to suit the needs of all ages & skill levels.

## WATER EXERCISE

### AQUACISE

Reduce the stress on your joints with a great cardio & resistance workout using noodles and buoys to tone and sculpt muscles.

### AQUA BOOT CAMP

Combines core strengthening, muscle toning, flexibility, & cardio exercises, using the unique buoyancy, resistance & movement of water.

### AQUA ROBICS

Aerobic exercises, dance movements, cardio conditioning, body isolations with the results being total body conditioning.

### AQUA SPLASH

Fun, shallow water exercises to improve agility, flexibility, and cardio endurance. No swimming skills are required. You will use buoys, noodles & a special kickboard to develop strength, balance and coordination.

### DEEP WATER FITNESS

NO SWIMMING SKILLS NEED for this fun aqua class. Using floatation belts (optional and provided), participants work out in zero-impact suspension in the large pool at their own fitness level whether staying active, working aerobically, core strengthening or toning.

### GOLDEN WAVES FUNCTIONAL WATER TRAINING

Build stability of the core muscles in various ways, using exercise equipment in the water to strengthen & challenge the muscles.

### RIP TIDE

A challenging high energy water fitness class with music from all genres incorporating Aqua tabata.

### WATER WORKS

High impact class moving to the beat of the music for cardio fitness, coordination, flexibility & range of motion.

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