



Union County Family YMCA
1150 Charles Lane
Marysville, Ohio 43040
937-303-9285

DESCRIPTION OF GROUP EXERCISE CLASSES

Abworks: 15 minutes of non-stop abdominal workout. Working all the core muscles. **Studio #2**

Advance Cycling: Is for any adventurous person who enjoys riding their bike outside, and would like to stay in tip top cycling shape during the winter months. This class is 2 hours long and guarantees a fun, intense workout to motivational music. Class runs through the winter months. **Studio #3 (Seasonal class)**

Anything goes: The name says it all. Whatever the instructor chooses for that day is what you will get. It could be Body Sculpt, Tabata, Boxing, Bootcamp etc... This class will incorporate both cardio and strength training. Enjoy the verity. **Studio #2**

Aqua Zumba: Is a fun energetic Latin style dance taught to motivational lively music in the shallow end of the Lap Pool

Barre Blend: This Group Exercise class is a blend of Light Cardio, Pilates, Yoga, Strength training and Ballet' all brought to you in one class to challenge and tone the entire body by helping you gain strength, flexibility and stabilization making you more fully aware of your body. This is not a dance class. Class has limited space so get a card from the front desk before coming to class. **** Length of class varies per class time slot (Please see schedule to see if the class is 30, 45 or 60 minutes)** **Studio #2**

Boot Camp: This class will be a little of everything high energy, motivated, dedicated group exercise instructors will guide you through a fun packed class of challenging cardio and toning moves. This class will challenge you and push you past your physical fitness limit. You'll love it! **Instructor's choice**

Deep Water Power Pump: High intensity total body conditioning, cardiovascular and muscular strengthening, toning and stretching all in deep water. This class provides an opportunity to perform exercises without any straining to your body joints. Great for circulation and improving overall fitness and wellbeing. Floatation belts and water resistance equipment will be used. Class meets in the **Lap Pool**

Family Pound: Is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses Cardio, Pilates, Strength Movements, Plyometric and Isometric poses. Through continual upper body motion using lightly weighted exercise drumsticks, called Ripstix. All done to energetic upbeat music. Come with your family or come on your own you will be sure to enjoy this high energy class. **9 years and up Studio #2**

Family Yoga: Same as our regular Yoga classes designed with the youth and their parents in mind. For ages 8 years and older. **Studio #1 (Seasonal class)**

Get on Board/Arthritis: The same format as our other Arthritis classes with the added tool of a Silver Sneaker Kick Board, to give more toning to the class participants. Class meets in the **Therapy Pool Deck**

Group Cycling: Group Cycling is an exercise class with bikes available on first come, first serve basis. Ask an instructor or the service desk for a copy of Group Cycling policies. Cycling is an instructor lead class on specialized stationary bikes. Different riding positions and varying the wheel resistance gives you a great workout! **Studio #3**

Hit It! (Boxing class): Intense Boxing routines using a free standing punching bag. You will learn proper form to punch and kick the bag. You will also have burst of high intensity plyometric intervals for extra cardio. **** Length of class varies per class time slot (Please see schedule to see if the class is 30, 45 or 60 minutes)** **Studio #2**

DESCRIPTION OF GROUP EXERCISE CLASSES CONTINUED

Hot Flow Yoga: Hot flow yoga is a flowing style yoga group class. It is held in our therapy pool area every Sunday through our winter schedule January - April. **This class is done on the therapy pool deck area not in the water.** This class can be very intense with the added effect of the heat set @ (89°) in this room. The many benefits to doing hot yoga are as follows:

Flexibility: The heat allows the body to be more supple. It increases your joint lubrication as well as your flexibility in muscles. The heat will allow you to safely reach new levels of flexibility.

Cardio: Your heart can work the same way doing a heated yoga class as it does when running a mile. By balancing and contracting your muscles at the same time. The way you will stretch and compress your internal organs and glands also stimulates your metabolism so you are burning calories.

Detox: The heated room helps you to stretch more and get your cardio, but it also helps you sweat. The postures themselves are detoxifying for your muscles, organs and glands.

*****Requirements for taking this class:**

***Seek medical approval:** If you have any serious medical conditions that would become an issue if you were to get over heated. Taking this class you must be aware of your own body signals for any danger signs such as Dizziness, Headache, Lightheadedness, Mild Nausea, and Muscle Cramps. These signs could be indicators that you do not tolerate the heat well. If this should happen during one of our classes, please inform the instructor and remove yourself from the heated room.

***Hydration:** You MUST bring water to class with you. There will be designated water breaks during each class. When doing any activity in a hot environment it is crucial to maintain hydration.

***Towels:** Because of the heat in this room and your workout load you will be sweating quite a lot, with this you may slip on your mat some so please bring as many towels of your own you wish to class with you. **Therapy Pool Deck (Seasonal class)**

Indoor Quick Walking: This 30 minute class held in our basketball gym promises to give you 30 energetic, fun fast paced minutes of walking to the beat of motivating music. This class is for every fitness level and every age. **YMCA Gym**

Kettle/Yo: This class uses a cast iron ball with a single handle. You will concentrate on strength and conditioning using your muscles by stabilizing your core. By using the Kettlebell your displacement of weight increases utilization of stabilizing your muscles. You will then work on the mind body and soul aspect of Yoga to increase your flexibility. **Studio #1**

KettleBell: A 30 minute class using a cast iron ball with a single handle. You will concentrate on strength and conditioning using your muscles by stabilizing your core. By using the Kettlebell your displacement of weight increases utilization of stabilizing your muscles. You must sign up at the front desk in advance for this class. No one under the age of 13 years may participate. **Studio #2**

Morning Shallow Water Fitness: Aerobic conditioning is what this class is all about. Both cardio and toning done in the shallow end of the **Lap Pool**

Pilates Barre Blend: A combination of two of our best core strength classes all wrapped up into one class. **Pilates:** Using proper body mechanics, movements, trunal and pelvic stabilization with coordinated breathing.

Barre Blend: Is a combination of the movements you would use in Pilates as well as some yoga and ballet for strength training. Both of these formats help you to gain flexibility, stabilization and muscular strength while you tone the whole body. **Studio #2**

Pilates: Is an exercise approach using the proper body mechanics, movements, trunal and pelvic stabilization, coordinated breathing, and muscle contractions to promote strengthening. Attention; paid to the entire musculoskeletal system. **Studio #1**

Power step: 30 minutes of power house step routines to a 32 count upbeat motivational music with non-stop energy to push you through the workout. **Studio #2**

Rhythm through the ages: Similar to our Zumba class this dance class is designed with the senior citizen and beginners in mind, it is modified with less intensity and impact, making it accessible for senior citizens and Beginners. **Studio #2**

DESCRIPTION OF GROUP EXERCISE CLASSES CONTINUED

Silver Sneakers Chair Yoga: Yoga style moves done to meditating music with the aid of a chair for balance and joint problems. This class meets in large group exercise studio. **Studio #1**

Silver Sneakers: Move to music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. **Studio #2**

Step and Tone: This one hour class is taught to a 32 count beats per minute rhythmic choreographed routine using a step. The step portion of the class is 30-40 minutes then strength and conditioning tools are brought in for the toning portion of the class. **Studio #2**

Tabata HIIT: High Intensity Interval Training (HIIT) you will test your endurance level limits in this **extremely high intensity cardio class!** Each interval is done on a timing basis with short rest periods in between. Get ready to burn calories and sweat IT OUT! You must have been doing some form of cardio in your regular exercise regimen before attending this class for the first time. **** Length of class varies per class time slot (Please see schedule to see if the class is 30, 45 or 60 minutes)** **Studio #2**

Tai' Chi: This graceful form of exercise is a moving form of yoga and meditation combined. It involves a series of movements performed in a slow, focused manner. The benefits of this class include: Reduced pain and stiffness, Uplifting of the spirit, Improved muscle strength and joint flexibility, helps improve balance. **Studio #1**

TRX Body Blast: The movements of the class work on a coordinated tempo. The class is driven by the beat of the music. You will perform sets of repetitions of each exercise move. This class is ideal for participants new to TRX Suspension. **Studio #3**

TRX Circuit Training: Is a boot camp style class format. Each individual chooses a pace and difficulty range, this class is driven by the clock. It is an ideal class for participants accustomed to sport-specific or boot camp style training and for those who enjoy pushing themselves to the limit of their own abilities. **Studio #3**

TRX Suspension Training: The movements are distinguished from traditional exercises in that the user's hands or feet are generally supported by a single point while the opposite end of the body is in contact with the ground. Your desired percentage of bodyweight is loaded onto the targeted body zone and animated as an exercise movement. This suspension type workout is an ideal mix of support and mobility to train strength, endurance, coordination, flexibility, power and core. "All core all the time". **Studio #3**

Warmzone Aquatone: 45 minutes of low intensity, this is more about total body tone and less on cardio fitness. Utilizing the natural buoyancy of the water. Exercises are designed to focus on strengthening than toning. Yoga and Pilates will be added to build core strength, increase flexibility and improve balance. Various types of equipment (i.e. water buoys/weights, kick boards, water noodles, etc.) are incorporated into the workout to achieve muscle endurance. Low cardio will be used on and as needed basis to keep participants warm and comfortable. Class meets in the **Therapy Pool**

Water Arthritis Exercise: Arthritis Foundation's water workouts presented by a certified Arthritis Foundations Instructor. This recreational program includes exercises to improve the participant's overall function and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination. Low intensity endurance such as walking is included to prevent chilling. Class meets in **Therapy Pool**

Y Kids Lift Bootcamp: A strength and conditioning class designed for kids 10 yrs. and up. It consists of drills and games that improve speed, agility and strength building through the use of different training equipment and stations that focus on body weight exercises like pushups and squats. We want to provide your kids with the knowledge and experience they deserve so that they can stay active and healthy. **Studios #2 or gym (check schedule for days and times)** **(Seasonal class)**

Yoga: Promotes control of the body and mind. Our yoga classes feature strength, cardiovascular conditioning and flexibility components using music to enhance the experience. Many people take Yoga for the sense of well-being and peace it brings.

Zumba: This dance style class features interval training session where fast and slow rhythms are combined to tone and sculpt your body while burning fat all done to fun Latin style music. **Studio #2**

Family Zumba: Bring the whole family ages 9 years and up or come on your own to this fun packed dance class. You will love the laughter and physical activity you receive from this class as you do it together as a family. What a great way to bond while getting fit. (Saturdays 9:30 - 10:15) **Studio #2**