



ALAMANCE COUNTY YMCA

OUR MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND, AND BODY **FOR ALL.**

ALAMANCE COUNTY COMMUNITY YMCA

Group Exercise Class Descriptions

- **BARRE**: This is a dynamic fusion class that combines the grace of ballet, the core strength of Pilates, and the flexibility of yoga into a high-intensity, music-driven workout experience
- **CARDIO DANCE**: Using simple dance steps to create routines that combine fast and slow rhythms for a Cardio Dance workout that will burn calories, tone, and sculpt the body while having fun. No dance experience required!
- **CORE TRAINING**: a 30-Minute class designed to condition core muscles and strengthen your abs and back
- **HIIT**: High Intensity Interval Training incorporates strength training with Cardio bursts. Blending cardio and strength for maximum benefit
- **LINE DANCING**: Grab a friend or two, get in line, and step in unison to popular tones and oldies. Great workout for all ages
- **MUSCLE PUMP**: a high-repetition, weight strength workout using dumbbells, barbell and weights for a full-body workout that builds muscular endurance, tones muscles, and improves strength
- **PILATES**: This class is designed to improve core muscle strength, increase flexibility, and improve overall health using mat work
- **POWER TONING**: Complete toning utilizing a mix of ballet, Pilates, strength with emphasis on posture, alignment and core
- **SEATED ZUMBA GOLD**: intended for all fitness levels and for those who enjoy the chair as a modification. Enjoy the rhythms of Zumba at your own level! This is perfect for those with restricted mobility or balance issues. If you love music and dancing – this is a must try!
- **SILVER CIRCUIT**: Functional class alternating low impact cardio with strength, toning
- **SILVER YOGA**: Designed to increase your flexibility and range of motion with an emphasis on breathing, balance and posture. Chair is used – sitting or standing (no floor work)
- **SILVER SNEAKERS**: Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support
- **SPIN/CYCLE**: Riding drills to focus on endurance, strength, and recovery.
- **STEP CIRCUIT**: Alternating intervals of upper body strength and step aerobics. Finished off with core work and stretch
- **TOTAL STRENGTH CIRCUIT / CIRCUIT**: Alternate muscle groups for an awesome total body workout using body weight, bars, hand weights, and/or tubes
- **ULTIMATE WORKOUT**: An all-over workout that is low-impact. Focuses on strength, abs, and total body
- **YOUNG AT HEART**: Make friends and have fun while you energize your body and move to the music through a variety of exercises designed to increase flexibility, muscular strength, balance, and cardiovascular conditioning
- **YOGA**: This class focuses on breath control, simple mediation, and the adoption of specific standing postures to improve posture, strength, and flexibility
- **ZUMBA**: Zumba is a dance fitness class that combines Latin and international rhythms with easy-to-follow choreography. It is a fun and energetic workout that is suitable for people of all fitness levels and ages postures to improve posture, strength, and flexibility

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