



# Group Fitness

Exercise Descriptions/Key  
Reidsville Family YMCA

## Group Exercise Classes

\*Not all classes below are offered every month.

**-Instructors and Classes are subject to change without notice**

-Cell Phones should not be used during classes.

-Children below 12 are not allowed in class. Please use see child watch hours.

**1-Low Step** low impact class (1 foot on the floor at all times), however not low intensity. Recommended for beginners/intermediate/ Senior members. A great way to begin.

**2-Step** Cardio using the step.

**5-Step/Floor Combo** get a little of each type of aerobic class in 1.

**6-Step/Sculpt Challenge** your step moves and add sculpting intervals with hand weight/tubing. Challenge your heart.

**7-Below the Waist** Work those glutes, hams, quads, and abs.

## **POW** Power On Weights

53 min. workout using the barbell, hand weights, tubing, and/or balls to strength train. Using your chosen weight for high repetitions for 4 ½ mins/muscle group. You will have a min. rest in-between muscles. The purpose is to increase muscle strength, bone density, and decrease body fat.

**POW-C** An integrated class of POW with bursts of cardio.

**Yoga** Come strength, tone, and relax in this class. Yoga is for all fitness levels. Let your tensions melt away.

**BT-Basic Training:** Come to sweat and be challenged. Aerobic intervals, upper body, lower body, abs and back again until the class is over.

**HHH Hip Hop Hustle** Get into the dance groove with us and you'll burn some serious calories! You won't even realize you're exercising! This high/low impact class gives you a great aerobic workout. NO previous dance experience required!

**EXP-Cardio blast** 35 mins. Total body workout.

**SS Silver Sneakers** very low impact sitting class to tone upper body for daily activities.

**C-Cycle:** a 45 minute cardio workout that utilizes the stationary bikes, allowing for all levels to adjust their own intensity.

**ABS** 20-30 total Ab workout

**Bosu-** Tone up and blast calories on this dome-shaped exercise tool that will challenge and improve your balance while giving you a serious ab workout.

**FB-Fit ball** is a total body workout designed to build strength and stability. The exercises include balancing on a stability ball to improve core conditioning while using weights to build upper and lower body muscles. The class is appropriate for all ages and all the movements can be modified for each participant. The exercises are low impact and lots of fun.

**Z-ZUMBA** The Zumba® workout fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

**KB Kettlebell** is an intense 30-minute non-stop workout that utilizes weights to improve anaerobic and overall fitness (especially the core muscles) through sequential, well-timed movements that equip members to handle real life forces (like lifting groceries, kids, furniture, etc

Remember always take the class at your own pace, pay attention to proper body alignment, and listen to your body. The warm up and cool down are both very important. Be set up to start on time and stay for the whole class.

**KC Kids** class ages 4-8 moving fun class. Make sure to wear tennis shoes and use the restroom before coming in. Parents are must sign child in and out.

**HC Horizontal Core:** Unique challenging circuit training performed in the horizontal position geared towards strengthening your entire body with an emphasis on the core.

**P+ Power +** total body strength workout, working each muscle group!

The group exercise fitness staff enjoys each member. We want you to enjoy our programs. Please feel free to leave comments or suggestions so we can serve you better.

**\*\*Proper footwear is required.**

*Updated 1/25/12*