



# Foundation YMCA Class Descriptions

Please note class schedules and offerings vary each month.

**ACTIVE AGING:** All ages enjoy our Active Aging group classes, designed to be low-impact for all fitness levels.

**Deep Stretch** is the perfect class if you have been in rehab or have not exercised recently. This class will help you regain flexibility without being too challenging. Deep Stretch is a great class to try before attending a regular yoga class or in addition to a regular yoga practice.

**LOW AEROBICS** is a moderately paced class for participants looking for an “in-between” level of movement- not too fast, not too slow. The class format will feature light cardio, free weights, ab work, and flexibility training- perfect for someone new to group exercise.

**RX FITNESS** is designed with seniors in mind. This class is ideal for someone who is recovering from an injury or illness. Chairs are provided to help the student stay comfortable and stable while regaining strength.

**AQUA AEROBICS** low to moderate intensity, low impact class that offers weight training and cardio workouts in the water. These water-based aerobic classes offer the opportunity to build/maintain muscle mass and improve mobility, flexibility, and endurance while still being restorative in nature.

**BOOT CAMP:** Enjoy a variety of classes that may use jump ropes, boxing drills, free weights, and more.

**BOOT CAMP** gives you the ultimate cardio and strength workout, incorporating stations to get a full-body workout.

**CARDIO:** Enjoy a variety of classes that provide an effective workout to build cardiovascular endurance.

**CARDIO STRENGTH INTERVALS** is a combination of heart-pumping cardio and total body toning exercises.

**KETTLEBELL** class combines cardio and strength training in one workout with the use of one tool- a kettlebell. You will experience cardio conditioning and build muscular strength and endurance while burning the maximum number of calories. Proper form and technique are essential and will be reviewed at the beginning of each class.

**DANCE:** Dance classes are designed for all fitness levels whether you are a new or experienced dance diva.

**BEGINNER BASIC LINE DANCING** you will learn simple dances perfect at street festivals, clubs, or just for fun. You will learn basic dance step terminology. It is such great fun you'll forget you are exercising.

**INTERMEDIATE LINE DANCING** is geared toward the more experienced line dancer who already knows line dance terminology and is looking for more challenging dances. Most of the dances in the class are current line dances by well-known choreographers.

**ZUMBA®** is a Latin-style dance class that will get you moving! The music is fast and fun and will get your hips grooving.

**AQUA ZUMBA®** low impact fun-filled dancing in the pool- all levels can do this fun workout.

**ZUMBA TONING®** uses choreography and light hand weights to focus on toning specific muscle groups. If you're looking to pump up your cardio or add some strength and toning work to your routine, try this class.

**MIND & BODY:** Mind/body classes combine traditional practices with modern formats and techniques to deliver meaningful calorie-burning exercise classes.

**RESTORE** uses soft foam rollers, various size balls, and other props to restore our bodies. Our props and tools address the muscles and fascia to relieve tension and tightness. We also use breathing techniques to calm the nervous system and quiet the mind. You will notice an immediate response in your mind and your body during this class, and you will learn techniques that you can use anytime you need.

**PILATES** includes breath work as well as controlled movements of the body. Pilates is a terrific class to build strength through the core and gain flexibility throughout the entire body.

**YOGA** combines breathwork, balance, flexibility, and strength. All levels may attend.

**INDOOR CYCLING: Spin classes combine authentic cycling drills with music to create challenging workouts for members of all fitness levels.**

**SPIN** provides a challenging low-impact cardiovascular exercise performed on a stationary bike in a class setting. The instructors use motivational music to lead participants in different types of cycling routines designed to simulate hill climbs, sprints, and interval training. Beginners are welcome to participate. Come early for tips on set-up, safety, and techniques from our spin pros.

**STRENGTH: Tone and sculpt your muscles while you burn fat and improve overall bone density.**

**BARE COMBO** is a class that combines traditional ballet movements with the use of resistance bands and balls to primarily focus on muscle endurance in moves engaging the entire body. In addition to nonimpact whole-body conditioning, balance, and flexibility benefit as well.

**BODY BLAST** is a 35-minute toning class using weights, kettlebells bands, etc.- a different class every time! This class is perfect for the working person that wants some activity during lunch.

**POWERCUT** uses weighted bars and/or dumbbells to build strength and endurance. This class is designed to include lighter weights to build muscle tone without bulking up. You decide the amount of weight that is ideal for you. Core work is included as well as low/high impact cardio.

**TOTAL BODY CONDITIONING** focuses on building muscular/core strength and cardiovascular endurance with the use of dumbbells, bands, balls, steps, BOSUs, etc. make the most of an hour with this combination class.

**TRX** is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. This class is for all levels. Limit 14 participants.