

## **Maquoketa YMCA Fitness Class Descriptions**

Group Fitness Classes are for AGES 14+ unless otherwise specified.

**Aqua Fit - Instructor Deb** - Cardio and strength intervals utilizing bodyweight and water dumbbells for added resistance.

**BODYATTACK - Virtual Instructor** - High-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**BODYBALANCE - Virtual Instructor** - New generation yoga class that will improve your mind, your body and your life.

**BODYCOMBAT - Virtual instructor** - High-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.

**BODYPUMP - Virtual Instructor** - Total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.

**Born to Move - Virtual Instructor** - Fitness program for children and teens from Les Mills that combines music, movement, and games to help develop positive physical habits. Ages 5+

**Cardio is Not Hardio - Instructor Reggie** - A blend of cardio, strength, and core exercises for all fitness levels, making it perfect for beginners, those with physical considerations, and anyone looking to enjoy community fitness.

**CORE - Virtual Instructor** - You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

**Cycling - Instructor Sandy** - Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.

**Dance - Virtual Instructor** - High-energy workout that will challenge and move you.

**Float & Fit - Instructor Meredith** - This class offers a variety of exercises to help you stretch and train all muscle groups to get your heart pumping. All levels welcome!

**Kettlebell - Instructor Sandy** - High-intensity-ballistic workout that can help meet your toughest fitness goals.

**On Demand - Virtual Instructor** - Les Mills on Demand, also known as LES MILLS+, is an online fitness program that offers unlimited access to a wide range of workouts.

**Power Hour - Instructor Amanda** - Full body workout that focuses on weights to help build strength and power.

**RPM - Virtual Instructor** - Indoor cycling workout where you control the intensity.

**Sit & Be Fit / Stretching & More- Instructor Reggie** - This class is designed to achieve a total body workout of aerobic strength, and flexibility training through the use of a chair and light dumbbells.

**Yoga - Instructor Nancy** - Gentle stretching exercise focused on balance, stability and mind and body connection.

**Youth Yoga - Instructor Lindsay** - This class introduces kids to the world of yoga through animated poses, books, music and games. Ages 5+