

Group Fitness Class Descriptions

Les Mills Classes:

1. **Les Mills BODYPUMP** - is the original barbell class that strengthens your entire body using light to moderate weights with lots of repetitions. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music-helping you achieve much more than on your own!! Also available in a 45 min BodyPump Express class. Age 14+
2. **Les Mills BODYATTACK®** - This class is a high-energy fitness class with moves that cater for total beginners to total addicts. Athletic movements like running, lunging and jumping are combined with strength exercises such as push up and squats. Les Mills instructors will pump out energizing tunes and lead you through the workout leaving you with a sense of achievement! Also available in a 45 min BodyAttack Express class. Age 10+
3. **Les Mills BODYCOMBAT®** -This class is a high energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Learn moves from Karate, Taekwondo, boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. Age 10+
4. **Les Mills BODYFLOW®** - This yoga based class will improve your mind, your body and your life. You will bend and stretch through a series of simple yoga moves and embrace elements of pilates and Tai Chi. Breathing control is part of all exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and the class feeling strong and centered. Happy. Also is available in a 45 min BodyFlow Express Class.
5. **Les Mills BODYSTEP®** - This is a full-body cardio workout to really tone your butt and thighs!! In a BodyStep Athletic class you'll combine stepping with moves like burpees, push ups and weight plated exercises to work the upper body. If you like fancy quicker stepping BodyStep Classic is the way to go. Both classes are paired with invigorating hit music.. Also available in a 45 min BodyStep Express class. Age 14+

6. **Les Mills CORE** - Exercising muscles around the core, this 30 min class provides the vital ingredient for a stronger body. Instructors will guide you through correct technique as you work with resistance tubing and weight plates as well as body weight exercises. This class is adaptable for all levels but not recommended for prenatal women. Age 14+

7. **Les Mills RPM®** - This is a group indoor cycling workout where you control the intensity. It's fun and low impact. With great music pumping and the group spinning as one, your instructor will take you on a journey of hill climbs, sprints and flat riding. You will repeatedly spin the pedals to reach your cardio peak then ease back down. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race! Age 14+

Strength & Cardio Classes:

8. **Body Works-** A group barbell resistance training program set to motivating music that includes a variety of different exercises used to work every major muscle group. Dumbbells, stability balls, and bands are also used to provide a challenging variety of exercises. Age 14+

9. **Body Works Interval** -Great fat burning workout! 3-4 min. of Cardio (jump rope, step, etc) followed by 3-4 min. of Body Works resistance training. Age 14+

10. **Bootcamp** - This fun-filled, high intensity, no choreography skill and drills class will get you in shape! Get cardio and strength using a variety of equipment and your own body weight. Be prepared for anything! This class is designed for intermediate to advanced fitness levels. Age 14+

11. **BRIC** - 90 Minute intense interval class combining cycling and running. (Moderate to Advanced Fitness Level)
Age 14+ (Bettendorf Location)

12. **Cardio & Strength** - A one-hour class of mixed cardiovascular training combined with strength training. The format of this class will vary based on the instructor's choice. If you are ready for a total workout, this is the one for you!

Age 14+

13. Cardio Smash - A fun, fast paced, high intensity class that combines cardio and strength to get the maximum full body workout while torching calories!! (Utica Location)

14. Core Training- A strong core is necessary to support a strong body and to help prevent injury. 25 minutes of core training. Come and enjoy fun music mixed with a positive environment! Age 14+

15. Cycling Basics - Curious about trying a cycle class? This class is the perfect way to start! Class is designed for those who are new to indoor cycling. Class will familiarize new riders on how to properly set up their bikes, spinning techniques and terms, and how to monitor intensity. All levels welcome! Age 14+

16. Cycling - 45-60 minutes of endurance, sprints and hills set to music. Indoor cycling is a great way to get a cardiovascular workout as well as strengthen and tone the lower body. All participants are encouraged to bring water and a towel to class. SPD pedals are available on all bikes. Age 14+

17. Fit for Life – Strength & Core - 45 to 60 minutes of upper and lower body strength

exercises. Use a variety of props such as dumbbells, tubing, stability balls, gliding discs or core balls to develop strength in your upper and lower body. You will also do a variety of exercises designed to strengthen and tone your midsection. Age 14+

18. High Fitness - This highly addictive class alternates between cardio peaks and toning that will take your heart rate to the sky and strength to the next level. This class combines modern techniques with music you know and love to create a high energy class that leaves you high and wanting more!! (Utica Location)

Dance Fitness

19. Latin/Hip Hop Dance - This class will teach you both Hip-Hop and Latin dance moves. You get a great workout while you learn new steps. This is a high-energy class and cardio workout. And you'll sample a variety of dance

styles. Age 10+

20. The Masala Bhangra Workout®/BollyWood - Modernizes the high-energy folk dance of Bhangra by blending traditional dance steps with the exhilaration of Bollywood moves, salsa and hip-hop. The exercise regimen is as much fun as it is rigorous and is suitable for people of all ages and fitness levels. This cardiovascular and strength-training dance routine provides overall toning and body conditioning, and can build endurance, stamina and balance. Age 10+ (Bett Location)

21. Zumba – Are you ready to get your Latin groove on? Come join us for a great cardiovascular class that uses fun Latin dance moves and Latin music. No previous dance experience required. Just come ready to have some fun! Age 10+

Mind/Bod y Class:

22. Pilates-This mat class is a series of floor exercises designed to realign and strengthen your body, concentrating on your abdominal muscles or core. This class incorporates breathing, strength, flexibility and proper alignment to achieve optimal results! Age 14+

23. PiYo® - This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Use your body weight to perform a series of continuous, targeted moves to define every muscle! Age 14+

24. Strength Beyond Flexibility – SBF is an all levels class that uses traditional yoga poses to help you build strength and muscle tone using your own body weight. This class allows you to hold poses for a longer period of time to help build your strength, flexibility and stamina. You will feel the results after just one class!

25. T'ai Chi - The "Grand Ultimate" philosophy unites the spirit, mind and body in a way that creates relaxation and balance while cultivating a great amount of energy. Enjoy the effects of increased focus and attention with

a greater metabolism.

26. Yoga—Incorporate basic Hatha Yoga moves in a flowing sequence. Learn to incorporate breath with your physical poses. Relax and de-stress your mind with the restorative poses. This class is appropriate for all levels but “Yoga Basics” class encouraged before attending.

27. Yoga—Flow & Strength - Incorporate basic Hatha Yoga moves in a flowing sequence. Learn to incorporate breath with your physical poses. Relax and de-stress your mind with the restorative poses. This class is appropriate for all levels but “Yoga Basics” class encouraged before attending.

28. Yoga-Gentle & Restorative - Come learn the fundamentals of basic Hatha Yoga in this gentle but stimulating yoga class. You will learn the basics of various poses and the importance of breath. End class with a final restorative and relaxing pose. Appropriate for all levels.

29. Yoga-lates -Time efficient, dynamic and flowing class that combines the physical elements of pilates with the stretching and strengthening elements of Yoga. Age 14+

Active Older Adults & Special Populations

30. SilverSneakers® Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for support.

31. SilverSneakers® Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Class uses hand-held weights, elastic tubing, and a ball with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation techniques.

32. SilverSneakers® Yoga - Physically and mentally improve your overall well being using a variety of safe and fun yoga postures and breathing exercises. A chair is offered for support and participants work at their own pace to build flexibility and endurance while learning to relax

and think more clearly.

33. Chair Yoga - A gentle class appropriate for those who prefer not to be down on the floor. All yoga poses will be done seated in a chair or standing, using the chair to help with stability and balance. Classes work through a variety of yoga poses, breath work and relaxation intended to leave you feeling more flexible, strong & energized.

34. LIVESTRONG® at the YMCA-A FREE program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during, and after treatment. This 12-week program meets twice per week with certified instructors and personal trainers who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care. For more information or Enrollment please call the Bettendorf Branch. (Bettendorf Location)

35. Delay the Disease - is a fitness program designed to empower people with Parkinson's disease (PD) by optimizing their physical function and helping to delay the progression of symptoms. This class is geared specifically to counteract the movement challenges experienced by people with Parkinson's. The class meets twice a week with certified instructors. Free for YMCA members, fee required for non-members. (\$30) (Bettendorf Location)

36. Enhance Fitness- is a low cost, evidence-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. This class is a 16 week program (with continuous enrollment opportunity), meets three days/week and held at either the West or the Utica Ridge YMCA branches. Fee required-\$60 member/\$80 non-member

Water Fitness Class Descriptions

- 1. Aqua Fit Challenge** –A complete workout in shallow and deep water. You will experience aerobic exercises, strength training, core stability movements, and aquatic kickboxing. Higher intensity class
- 2. Aqua Fit Deep** –A no-impact class that utilizes belt and noodles for stabilization in deep water. Floatation belts provided but not required.
- 3. Aqua Fit Shallow** –A complete water fitness class that includes aerobic, strength, and flexibility components. Intensity is easily adjusted for all fitness

levels

4. **Aqua Fit Shallow** –A complete water fitness class that includes aerobic, strength, and flexibility components. Intensity is easily adjusted for all fitness levels

5. **Aqua Zumba**- Perfect for those looking to make a splash to their fitness routine! Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!