

# Group Fitness Class Descriptions

## Les Mills Classes:

**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+

**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+

**Les Mills BODYBALANCE®** - 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.

**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+

**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+

**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:**

**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+

**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+

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

**Cardio & Strength/Power Hour** - A class of mixed cardiovascular training combined with strength training. This class will alternate between aerobic and anaerobic exercises for a full body challenge with several intensity options in order to customize each individual workout. 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+

**Cardio Blast** - A cardiovascular class that is a blast of fun! This class will get you sweating while having fun at the same time. It will range from forms of tabata, to kickboxing, high/low aerobics, plyometrics and more. It is a total body workout! The format of this class will vary based on the instructor's choice.

**Strength and Stretch** - A class focused on strength/anaerobic exercises utilizing dumbbells, barbells and resistance bands to maintain and/or increase muscle mass. Followed by simple stretches to help facilitate proper posture and healthy range of motion.

**Functional Fitness** - A class that trains the body for real-life functional movements using your body weight and equipment, with strength patterns, circuits, and stations, using various class formats. It targets coordination and balance designed to increase flexible strength for daily activities. The format of this class will vary based on the instructor's choice.

**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+

**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+

**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

**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+

**Dance Fitness/Latino Dance Fitness** - a hybrid of dance choreography and cardio exercises set to music, creating a heart-pumping workout to keep your body in constant motion. It's the type of exercise that feels more like a party than anything else! Class format varies by instructor.

**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)

**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 & Body Class:**

**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+

**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!

**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.

**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.

## **Active Older Adults & Special Populations**

**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.

**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.

**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)

**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)

**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**

**Water Aerobics** - A complete water workout in chest to neck deep water. The focus of this class is on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music.

**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

**Aqua Fit Deep** – A no-impact class that utilizes belt and noodles for stabilization in deep water. Floatation belts provided but not required.

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

**Aqua HIIT** - A water class that incorporates specialized movement to enhance the full use of water's natural resistance and buoyancy. This popular workout offers high-intensity interval training (HIIT) that has low impact on the joints. These sessions will work core, balance, strength and flexibility. Classes vary based on instructor teaching.

**Water Shred** - An energetic and social water aerobic class that sculpts and shreds your entire body through multi-faceted cardio movements, water hand-weights, flexibility, core, and endurance. Similar to a boot camp style but in the water. All fitness levels are welcome. You control the intensity of each class.