



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKWOOD-TRUMBULL YMCA GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

Rev it Up! : High Intensity. A cardio training class, with bursts of high intensity exercises to kick up our energy, metabolism and calorie burn!

Spinning®: All Levels. A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels. (Registration required)

Spinning ® Express: All Levels. A 30 minute stationary cycle class just right for the new rider. (Registration required).

Step: Moderate. This energetic cardio class strengthens and shapes the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness.

Step 101: All Levels. Learn the step basics, get a good workout and enjoy this fun filled class.

Zumba®: All Levels. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

Zumba Gold®: Low. Energizing, easy to follow Latin-inspired dance style exercise moves. Zumba gold is for the novice & senior member.

Barre Mat: Moderate. Get a total body

BODY, MIND, SPIRIT

workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest work outs on the market today.

Gentle Flow Yoga: Low. Blended styles of yoga offering non-competitive sequences of movement, tranquil guided meditations & in-depth study of breathing.

Moderate Flow Yoga: All Levels. When breath & movement are linked together, heat builds & the mind focuses. This class offers a blended style of yoga.

Pilates Mat: Moderate. Tone and strengthen core muscles, improve stability & posture, slim down & tone up. This class involves free flowing moves concentrating on core strength, muscle balance & flexibility by doing traditional Pilates on the mat, & with the use of other props.

PiYo: Moderate. Combine the muscle sculpting core firming benefits of Pilates with the flexibility of Yoga, then crank up the speed for a fat burning low impact workout.

Power Yoga: All Levels. A dynamic, challenging yoga class, emphasizing the flow of movement through breath, poses are held longer to increase strength.

Restorative Yoga: All Levels. Restore, revitalize and relax in this end of day yoga class.

Tai Chi: All Levels. The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength.

Vinyasa Yoga: All Levels. Emphasizing the importance of alignment & placement of the body, this class offers a dynamic & challenging flow.

Weighted Yoga All Levels. Using light weights to build strength & bone density, this class emphasizes the coordination of breath awareness & proper body alignment.

Yoga Fusion: All Levels. A blended class that focuses on flexibility and strength, combining the best of Yoga, Tai Chi and Pilates.

SilverSneakers® Yoga Stretch: Low. This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

STRENGTH

Body Sculpting: Moderate. This overall muscle conditioning workout increases strength, endurance and stamina, using weights, tubing, body bars, bands and exercise balls.

Core Challenge: Moderate. Strengthen your abs, obliques and your back.

Kettlebell Training: Moderate. Using the kettlebell, familiar exercises are transformed to a new level.

Muscle and Core: Strength training which may use free weights, stretch bands, and medicine balls or other equipment, encouraging core strength throughout, followed by stretching.

Non-Stop Tabata: Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20-seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post workout- get in shape the fast way!

Power Conditioning: High: Challenge your Strength and Endurance in this high intensity workout.

TRX®: High Intensity. Make your body your machine! TRX is a suspension training system that combats your body; challenging your strength, power, balance & flexibility. (Registration required)

READY TO BE FIT/SENIORS

Easy Does It: Low/Moderate. Designed for seniors, beginners and "ready to be fit" participants. Includes low impact cardiovascular exercises, muscle conditioning with resistance equipment, agility training and stretching.

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Silver Sneakers Classic®: Muscular strength and range of motion are our focus. This class can be done in a chair or standing, or in combination. A cardio/strength class that works the whole body in a safe and supportive environment.

SilverSneakers Yoga Stretch®: Low. Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

LAKWOOD-TRUMBULL YMCA
20 Trefoil Drive, Trumbull CT 06611
P 203 445 9633 W lakewoodtrumbull-ymca.org