



Group Fitness Class Descriptions

STRENGTH & CONDITIONING CLASSES

Intervals Strength & Cardio- Challenge yourself with the most innovative interval training format to deliver both strength and cardio results. You will move through intervals of strength, cardio and dynamic movements that work each muscle group. Improve balance mobility and core strength.

Bootcamp-Take your game to the next level! This advanced, multi-functional class incorporates cardiovascular conditioning with calisthenics and muscular strength conditioning.

Keeping Fit -This low impact full body workout is great for 55+. Focused on functional movements, strength and cardio intervals allow you to move at your own pace. **Perfect for seniors*

Cardio Sculpt -Increase cardiovascular fitness and muscle tone while creatively using a bench platform mixed with weight intervals.

Bodyweight Bootcamp & Stretch-This multi-functional class incorporates cardiovascular conditioning with calisthenics and muscular strength conditioning. Finishing with deep stretching to increase flexibility and mobility.

Muscle & Stretch -This class starts with a 30-minute straight up strength class designed to take the guesswork out of your strength training program. This no-frills class targets every major muscle group and builds your strength week over week. Finishing with 30-minutes of deep stretching to increase flexibility and mobility.

Have A Ball -The stability ball is a versatile piece of training equipment that can help improve your core strength, posture, balance, and flexibility.

Muscle Conditioning-This strength training class is designed to work your core and strengthen all major muscle groups.

Total Body HIIT- This is an interval training class that will strengthen every muscle in your body, boost your metabolism, and burn calories well after class is over. Be prepared for compound movements that will challenge different muscle groups.

Strength 101 - Strength 101 is a 30-minute straight up strength workout, designed to take the guesswork out of your strength training program. This no-frills class targets every major muscle group and builds your strength.

DANCE FITNESS CLASSES

ZUMBA- Dance through your workout in this high-energy class based on popular Latino dance moves.

BOLLY X- This class is a Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world.

Cardio Dance- This is an exhilarating cardio class set to the beat of radio hits (pop, hip hop, international rhythms). Dance moves and calisthenics are choreographed together keeping you on your toes. This fun yet challenging combos are designed to tone and sculpt your body while burning fat.

Dance- Dance incorporates various dance styles choreographed to upbeat music of various genres.

Dance Fit - This low-impact full body workout. Incorporates the fun of dance with traditional strength and cardio exercises. Perfect for 65+. **Perfect for seniors*

MIND & BODY CLASSES

Tai Chi & Qigong- A wonderful blend of Yuan-Ming Medical Qigong and Tai Chi Silk Reeling Routines based on the Essential 8 basic palms & 5 movements, individually and strung together in Solo and Partnered routines to physically understand "intention and Framework" and enhance your Solo practice.

Flow Yoga -Flowing from one pose to the next, linked by breath with movement. Build strength and flexibility. Class may be more focused on strength or flexibility, or mixed based on the instructor. Slow pace. 5-8 breaths per pose.

Yoga-In this slow-paced class, yoga practitioners of all levels will benefit from the emphasis on breathing, alignment, flexibility and focus.

Balance Strength & Flexibility - Strength, Balance & Flexibility is a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility. **Perfect for seniors*

Pilates - Work your muscles deep to the core to strengthen your entire body. This class is based on the Pilates method. **Perfect for seniors*

Yoga/Pilates Fusion- Yoga/Pilates Fusion combines the slow, fluid movements of traditional Vinyasa Yoga with the core stabilization and muscular control of Pilates for a perfect blend of exercises that builds flexibility, balance and strength.

Barre Pilates In Motion - This class is a total body workout. Perform small isometric movements to focus on toning your arms, core, gluts, and legs. **Perfect for seniors*

Y-CYCLE

This no frill, all feat rides will scorch calories, build endurance and strength, and improve cardiovascular health. Be prepared for high intensity intervals, sprints, and hills set to heart-pounding music. We motivate you to crush your goals leaving you ready to take on your next challenge off the saddle.

AQUA FITNESS

Water aerobics. Improved heart health and better stamina are just a few of the reasons why aerobic exercise makes for a great workout. However, not everyone loves getting hot and sweaty at the gym or on a run. For those who would rather enjoy some pool time, water aerobics is a great way to raise the heart rate in a fun, unique, and low-impact environment.

**Perfect for seniors*

All classes are drop-ins and included in your membership. Check our website for the most up to date schedule information and class cancelations.

***Hybrid classes are livestreamed on the Zoom platform. You must register for the class via the link provided in the class description on our website.**

WEST SUBURBAN YMCA

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www.wsymca.org