



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.

Strength & Balance - This total-body workout is designed specifically for active adults and combines dumbbells, resistance bands, and stability balls to improve core strength, mobility, and overall functional fitness.

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.

True Strength - More than just a workout — it's a foundation for lifelong wellness. True Strength blends band and weight training to sculpt lean muscle, boost metabolism, and support joint health. Come for the workout, stay for the feeling of strength and confidence in your daily life.

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.

MIND & BODY CLASSES

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.

Gentle Yoga - A calming, slower-paced yoga practice designed for all levels. This class focuses on simple movements, stretching, breathwork, and relaxation to improve flexibility, balance, and overall well-being. Each session begins with a gentle warm-up and incorporates the use of chairs, blocks, and straps to support proper alignment. Gentle Yoga is perfect for beginners, older adults, or anyone looking to reduce stress, restore energy, and move mindfully.

Yoga Strength - This mind-body fusion class combines yoga poses with hand weights and energizing cardio bursts. You'll work every muscle in your body and leave you feeling strong, sweaty, and recharged!

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*

Fusion Pilates - Fusion Pilates is suitable for both beginners attending the class for the first time and experienced trainees. With small, controlled movements, you strengthen all major muscle groups, improve alignment and increase flexibility.

Inferno Pilates - This class is a low-impact, high-intensity, interval-training class based on Pilates principles. Inferno Pilates is kind on the joints and includes exercises that activate the core, stomach muscles, glutes, and pelvic floor for a comprehensive workout.

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*

Body Balance - A full-body workout that blends strength, balance, core stability, and endurance into one dynamic class. Using a variety of functional movements and controlled exercises, this class is designed to improve posture, stability, and muscular control. Whether you're looking to enhance athletic performance or build everyday strength, Body Balance is a great option for all fitness levels.

Meditations to Live Stronger - Practical tools to restore balance, build resilience, and strengthen the mind-body connection. Each session includes tips, guided practice, and supportive insights. Participants will experience Deep Relaxation, offering emotional soothing and cellular regeneration through mindful release and restorative breathing. They will also learn techniques to achieve a Peak State, a scientifically

proven method to alleviate stress, boost energy, and enhance productivity. Finally, the practice of Connecting the Dots brings the mind, body, and energy into greater cohesion and vitality.

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.*

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