



## IRSAY FAMILY YMCA at CITY WAY – GROUP EX CLASS DESCRIPTIONS

**30 in 30:** 30 exercises in 30 minutes! Featuring a mixed interval of aerobic conditioning and muscle strengthening that utilizes dynamic moves and fun circuits to improve overall fitness.

**AOA Lo Impact:** A lower intensity program recommended for active older adults. Participants will increase cardiovascular fitness, muscular strength and flexibility.

**AOA Yoga Fit:** 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 postures designed to increase flexibility, balance and range of movement.

**Barre Intensity® (\$\$):** This class is a blend of ballet fitness and Pilates-inspired movements done at a calorie burning pace. This dynamic workout not only burns fat and calories, but will also tone, sculpt and elongate muscles. *Paid program. See Program Guide or Member Services for details.*

**Boot Camp (\$\$):** Get ready for an intense, high-energy workout using interval training and a variety of equipment. Exercises are modeled after real basic training exercises. *Paid program. See Program Guide or Member Services for details.*

**Body Blast:** Increase your lean muscle tissue and metabolism with this total body workout! This class incorporates challenging strength training moves and toning exercises for the whole body. Each day will focus on a different group of muscles.

**Cardio Sculpt & Burn:** A high energy, calorie burning cardio based workout combined with intense strength & plyometric exercises to help build and increase muscle strength & cardiovascular endurance.

**Circuit Breaker** – A dynamic 30min class set up in a circuit training style. As you move from station to station, this class will provide you with a balanced mixture of cardio and weight resistance while targeting all your major muscle groups.

**CIZE Live®:** A cardio dance workout created by choreographer & fitness trainer, Shaun T. This class breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance.

**Cycle Cinema:** What is better than watching a movie while spinning? This self-paced class builds on our Group Cycling classes in a fun, engaging, and dynamic way this class will play a variety of different shows and movies that everyone can enjoy throughout the ride. Suggestions are welcome! No instructor present. Check the flyer for movie schedule.

**Full Body Fusion:** Energetic workout including strength, cardio and core in one workout.

**Group Cycling (30–60min)** Get on the bike and ride! The instructor will lead you through a series of hills, sprints, and flats, all while listening to amazing music!

**HardCORE:** A 15 or 30-min core class that focuses on building core strength, endurance, and flexibility by strengthening your abs, obliques, hip flexors and the low back. All levels welcome.

**HIIT:** A mixture of cardio and strength moves using high intensity interval training (40 seconds on; 20 seconds rest) for an effective, quick total body workout.

**HIIT Cycle:** - A cycle class that is based on the HIIT principle (High Intensity Interval Training). This class will alternate between intense bursts of riding and fixed periods of less-intense riding or even complete rest.

**Hip Hop Cycle:** Looking to add a little “flavor” to your cycling? Then this is the class for you! This non-traditional cycling class allows you to feel the beat of hip-hop music all while getting a high intensity, upper and lower body workout. Bring your attitude and your smile and get ready for a ride!

**Hip Hop Dance:** A cardiovascular workout using urban upbeat Hip Hop music. This class teaches step by step movements with fun choreography, so you can get your feet moving and your heart pumping.

**Hip Hop Remix:** Fun, energetic dance workout. You will be dancing to some of the newest music to some old school hip hop remixes.

**Interval Training:** A workout that that involves a series of low to high intensity exercises interspersed with rest.

**Jillian Michaels BODYSHRED®:** JMBS is a high intensity and endurance based workout utilizing Jillian’s 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, and 1 minute of abs. We allow a little extra time for set up and explanation of the dynamic exercises, but the workout is a non-stop 30 minute push! Designed to help you crush your fitness goals and leave feeling like a champion!

**Kids Yoga:** This fun, educational, and imaginative program builds children’s strength, flexibility, confidence and concentration in a noncompetitive environment. And perhaps most importantly, it productively channels all that young yang energy

**Les Mills Body Pump™:** Body Pump™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came in for – and fast!

**Max30:** This is a 30-min high intensity training class designed to maximize your cardiovascular capacity & blast all major muscle groups which takes training to the next level. This HIIT inspired workout combines 3 dynamic formats (strength, cardio & Plyometrics) to provide a challenging but fun total body workout.

**MX4 (\$\$):** Experience a unique small group training program that addresses all four aspects of fitness — cardio, power, strength and endurance. MX4 is a time based group circuit that provides you with the most effective workout possible. Participants can expect the following in these efficient high intensity workouts: Increased muscular strength and endurance, Enhanced accountability and support and Camaraderie of a team environment! *Paid program. See Program Guide or Member Services for details. (30min)*

**P90X Live®:** You’ve seen it on TV—now experience it live! A rich variety of intense routines from cardio to resistance training to core work. Using the science of muscle confusion™, P90X constantly switches things up to help you bust through plateaus.

***P.E.A.K. Performance Training (\$\$)***: Want to increase your performance level in the areas of speed, agility, vertical leap, quickness and/or conditioning? No matter the sport, our Athletic Training program is equipped with knowledgeable, skilled and seasoned trainers to take you to that next level of performance. We use safe, proven exercises that mimic the movements of your sport. You'll see significant, measurable improvements. Through workouts and activities to build the physical abilities, participants also build life skills including honesty, work-ethic, self-discipline, responsibility, leadership, and teamwork.

**Prenatal Yoga**: In a supportive class of soon-to-be mamas you'll boost balance, circulation, flexibility and muscle tone for a healthy pregnancy. Through postures modified for each trimester, you will open and strengthen all the right muscles to counteract the weight of your baby bump, preventing the aches, pains and imbalances common in pregnancy.

**Pilates (30-60min)**: This floor based mat workout uses techniques developed by Joseph Pilates which focuses on building strong abs/back, and to improve strength, body alignment & coordination. Goal is to lengthen and tone the muscles of the core without adding bulk.

**Piloxing**: This is a high-energy interval workout that uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of Pilates. Add to that fun dance moves and you have a workout that will tone muscle, burn fat and empower you both physically and mentally.

**PiYo Live®**: This contemporary blend of power yoga and Pilates focuses on improving cardiovascular endurance, strength, flexibility and balance. Sculpt muscles and burn calories at the same time!

**Power & Core**: A highly intense core training class that works everything neck down to knee up. Class focuses on building core strength, endurance, and flexibility.

**Plyo Interval**: This class integrates intervals training with the intensity of plyometric exercises.

**Retro Dance**: A dance-based aerobics class but will have toning aspects incorporated. Music from the 1970s through the early 2000s will be featured. Definitely will bring back some memories as you work out!

**Squared<sup>2</sup> Fitness**—Start training like a personal trainer or professional athlete. Squared Fitness incorporates 4 different training modalities, such as neuromuscular control (stabilization), anaerobic metabolism (muscular endurance), hypertrophy (muscular growth), and high-speed strength (power/Plyometrics). Each week Coach Squared will instruct a class consisting of 2 rounds focusing on one of these major modalities of training. It's time to train smarter not then harder!

**Sunrise Yoga**: Rise and Shine! Awaken your senses and start the day with sun salutations and a flowing series of dynamic asanas! Come enjoy the sensation of starting your day off with a sense of peace, calmness, strength, energy and revitalization all while watching the sun rise in the sky.  
*\* This class will be held outdoors on the Terrace. Time of class can change due to time of sunrise.*

**Sunset/Starlight Yoga**: Reset & decompress after a long day. Honoring the setting Sun and rising Moon, this class couples easy flow with breath awareness to restore one's natural energy reserves. Flow into stillness, decompress and prepare the mind and body for a peaceful night's sleep. All levels welcome. *\* This class will be held outdoors on the Terrace.*

**Strength & Endurance:** A full body workout designed to strengthen, tone and increase muscular endurance in the upper and lower body using an assortment of fitness equipment.

**Tabata:** A mix of strength, cardio and core training with both high and low intensity intervals (20sec. of work, 10sec of rest), varying in difficulty while an energizing instructor and fun atmosphere makes class fly by!

**TKO Boxing Circuit (\$\$):** Train like a champion with TKO, our one-of-a-kind boxing class that follows a set series of drills to challenge cardio capacity & strength, and will improve speed, power, balance and flexibility. This class is a complete mix of upper and lower body exercise routines, that combines boxing, kickboxing, martial arts, and bodyweight combinations with the use of heavy bags and partner work. This class is great for cross training and will provide a unique mix of functional training and cardio that challenges the entire body.

**Total Body Conditioning:** A muscle conditioning class using various equipment to build strength and endurance to tone your entire body. Research has shown that building lean muscle through strength training increases your resting metabolism making you burn more calories during the rest of your day.

**Total Body Sculpt:** A full body workout designed to strengthen and tone the upper and lower body using dumbbells, body bars, bands, etc. Strictly strength, no cardio!

**TRX® (\$\$):** Suspension training that uses a method of leveraged body-weight exercises that help build power, strength, flexibility, balance and mobility. *Paid program. See Program Guide or Member Services for details. (30min)*

**TRX® Strength Interval (\$\$)** Suspension training based class that combines intervals of bodyweight suspension exercises using the TRX system with intense combinations of muscle conditioning & plyometric exercises to deliver a total body workout. *Paid program. See Program Guide or Member Services for details. (45min)*

**Turbo Kick®:** It's a combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing *cool-down*.

**Urban Cycle:** An indoor cycling class featuring a high-energy workout set to some of today's hottest music videos to keep things fun, keep you motivated & help push your fitness level. Music & videos include: hip hop, R&B, house, and pop artists.

**WOW (\$\$):** "Women on Weights". Small group training classes designed for women. You will; squat, pull, push, lunge, twist and play your way to a stronger you! Strengthen and condition your body using, partners and small equipment in a fun, safe environment. Maximum 8 per class. Paid program. *See Program Guide or Member Services for details*

**Yoga (30-60min):** Yoga improves your balance and flexibility and also strengthens core muscles while banishing stress and tension. The beginner class will focus on basic poses and breathing techniques.

**Yoga Basics:** These core yoga poses, concepts and breath-work tools develop inner body awareness and create stillness of the mind increasing flexibility, balance, strength.

**Zumba®:** Zumba means “to move fast and have fun!” This energizing Latin-inspired fusion workout is the latest fitness phenomenon! A Latin, dance-inspired aerobic PARTY!