

# CLASS DESCRIPTIONS

## LIGHT to MODERATE INTENSITY

**CHAIR YOGA:** A gentle form of yoga practiced sitting on a chair or standing using the chair for support. Will deepen flexibility and strengthen body awareness. Breath awareness and moving meditation flow included.

**ENHANCE FITNESS:** A cardio and strength arthritis centered fitness class to improve the overall functional fitness and well being of the active older adult. Chairs provided.

**HEALING HEROES: GENTLE YOGA:** Yoga class that will focus on mind body connection through breath work, movement & meditation. This practice is specifically designed for those wanting to heal from military and/or public service PTSD. Meets 1st Saturday of each month.

**SILVER SNEAKERS CLASSIC:** Designed to increase muscle strength, range of movement and activities for daily living.

**SILVER SNEAKERS STABILITY:** designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level.

**L.I.F.E.—Low Impact For Everyone:** low impact aerobic moves involving large muscle groups and stretching with the use of light weights and tubing

**ZUMBA GOLD:** Zumba means "to move fast and have fun!" but at a light to moderate pace in this GOLD class targeting the Active Older Adult.

## MODERATE to VIGOROUS INTENSITY

**CORE TRAINING:** Class strictly targets abdominal muscles to create a strong core and posture.

**CARDIO EXPRESS:** Class will raise your heartrate as you work up your cardio stamina.

**CARDIO DANCE:** A cardio workout with the latest and greatest tunes and moves used to dance your entire body into fitness.

**CYCLE:** Who thought riding a bike would be this much fun? Enjoy a great workout on our cycle bikes. Each instructor brings their own flair, so try them all to find your best fit. Instructors welcome first time riders.

**CYCLE & PUMP:** We have added muscular strength exercises to your traditional cycling courses. Our staff will take you off the bike and into muscle strengthening routines. Combine cardiovascular and strength workouts in one.

**TURBO KICK@:** With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes! It's high intensity and totally addicting!

**YOGA:** All levels welcome. Class will focus on flowing poses with breathing technique while relieving stress and tension. Unites mind and body through balance, strength, flexibility and core focus.

**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!

**H.I.I.T.:** High Intensity Interval Training, is a training technizue in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**INSANITY:** Get ready for an intense, insane workout with max Interval training as the instructor challenges you to be your best. Finish up with some CORE exercises to take you to the next level.

**LesMills BODY PUMP@:**Get lean, build strength and tone muscle with *BODYPUMP*, a full body weights workout for all your major muscle groups

**LesMills BODY ATTACK:** high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**STRENGTH & ENDURANCE:** Increase lean muscle tissue and metabolism with this total body workout!

If you have any questions, please contact Rachel Burge, Associate Wellness Director at 317. 204.1912 or via e-mail at [rburge@indymca.org](mailto:rburge@indymca.org)