

**THE LEWISBURG YMCA AT THE MILLER CENTER**  
**GROUP EXERCISE CLASS DESCRIPTIONS**



**Chair Yoga:** Participants use a chair as a prop during a variety of seated and standing postures, gaining many benefits of yoga WITHOUT getting up or down to the floor. Class ends with deep relaxation, breathing practice and silence.

**Classical Yoga:** This well-rounded class includes sprinkles of yoga philosophy for reflection, postures, deep relaxation, breathing, and meditation. Postures in this class are sometimes held for several breaths with attention to detail.

**Cycle:** An indoor cycling class that utilizes bikes designed to simulate road bikes. Pedal through hill climbs, sprints, and many other challenging drills and exercises. If it's your first class, come early so the instructor can help set up your bike.

**Pilates:** A system of physical and mental exercises that incorporate the key principles of breath, concentration, control, center, flow, and precision. Pilates increases physical and mental strength, coordination, and flexibility.

**PiYo® LIVE:** Your body is the only equipment you need! This program uses a dynamic sequence of moves in a nonstop flow that build strength, flexibility, and long, lean muscles while torching calories.

**POUND®:** A full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements using lightly weighted drumsticks engineered specifically for exercising

**Pure Strength:** Strength training utilizing different lifting techniques, rep/weight ranges, and equipment. Class may consist of pyramid schemes with rep/weight changes with a few strength moves alternating, or a traditional style weight lifting class.

**Step:** A full body cardio workout using a stationary step and risers.

**STRONG®:** STRONG® combines body weight, muscle conditioning, cardio and plyometric training moves synced music that has been specifically designed to match every single move. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

**Warrior Ride:** An indoor cycling class designed to help you unleash your inner warrior. Ride through a super sprint - series of high energy, high intensity intervals on the bike, each track of music specifically designed to challenge you in different ways.

**Warrior Workout:** Designed to build strength and fitness through intense group intervals. Every class varies in exercises that can include bodyweight, upper body, lower body, cardio, core and more. Push out of your comfort zone.

**Zumba®:** Perfect for everybody! We take the work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness part. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

PROGRAM	CATEGORY	DESCRIPTION	DURATION	INTENSITY	BENEFITS
<b>LES MILLS</b> <b>BODYFLOW</b>	Mind / Body	FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.	<b>55*</b>	Low	→ Improve joint flexibility & range of motion → Tone & shape → Enhance mental wellbeing
<b>LES MILLS</b> <b>SH'BAM</b>	Dance	FREE YOURSELF. Cut loose to the hottest new workout with fun moves and shakin' tunes.	<b>45</b>	Moderate	→ Burn calories → Tone & shape → Develop self expression
<b>LES MILLS</b> <b>tone</b>	Strength Cardio Core	FEEL REVIVED. Low-moderate impact, total body workout. Get your core working harder, for a leaner, stronger you.	<b>45</b>	Moderate	→ Improve heart & lung fitness → Tone & shape → Strengthen the core
<b>LES MILLS</b> <b>barre</b>	Strength	BEAUTIFUL BURN. Ballet inspired style of training that works to shape and tone your whole body.	<b>30</b>	Moderate	→ Tone & shape → Strengthen the core → Improve joint flexibility & range of motion
<b>LES MILLS</b> <b>CXWORX</b>	Strength	FIND YOUR CENTER. Personal training-inspired workout to build and maintain a superior functioning core.	<b>30</b>	Moderate	→ Tighten & tone → increase functional strength → Improve balance and stability
<b>LES MILLS</b> <b>BODYJAM</b>	Dance	EXPRESS YOURSELF. Fuelled by street culture, a dance and cardio workout that will leave you feeling hyped.	<b>55*</b>	Moderate – High	→ Burn calories → Tone & shape → Develop self expression
<b>LES MILLS</b> <b>BODYPUMP</b>	Strength	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.	<b>55*</b>	Moderate – High	→ Increase strength / endurance → Tone & shape → Help maintain bone health
<b>LES MILLS</b> <b>RPM</b>	Cardio	RIDE HARD. High intensity interval training set to tunes that will get your pulse racing. Get results faster.	<b>45</b>	Moderate – High	→ Improve heart & lung fitness → Increase leg strength & endurance
<b>LES MILLS</b> <b>BODYSTEP</b>	Cardio	FEEL ALIVE. The fast-paced, explosive step workout that will leave you upbeat and ready for more.	<b>55*</b>	Moderate – High	→ Improve heart and lung fitness → Improve agility & coordination → Increase strength & endurance
<b>LES MILLS</b> <b>BODYCOMBAT</b>	Cardio	BE FIERCE. A mix of Martial Arts and endurance, unleashing strength you never knew you had.	<b>55*</b>	High	→ Tone & shape → Increase strength & endurance → Build self-confidence
<b>LES MILLS</b> <b>BODYATTACK</b>	Cardio	BE UNSTOPPABLE. The full-on, high-energy cardio workout to energizing tunes.	<b>55*</b>	High	→ Improve agility, coordination and endurance → Improve heart & lung fitness
<b>LES MILLS</b> <b>sprint</b>	HIIT	RAPID RESULTS. Quick and hard style of cycle training returns rapid results with zero joint impact.	<b>30</b>	High	→ Shape & tone → Burn calories → Improve heart & lung fitness
<b>LES MILLS</b> <b>GRIT</b>	HIIT	STRENGTH-ATHLETIC-CARDIO. High Intensity Interval Training. Uses barbell, weight plate and body weight exercises.	<b>30</b>	High	→ Rapidly improve strength → Increase lean muscle → Get fit fast

\* SHORTER CLASS FORMATS AVAILABLE