

THE LEWISBURG YMCA AT THE MILLER CENTER  
GROUP EXERCISE CLASS DESCRIPTIONS



**Ball Blast:** A total body workout using medicine balls, stability balls & bender balls. Upper body, lower body and abs; great workout without the high impact.

**Boot Camp:** Designed to build strength and fitness through a variety of intense intervals. Every class varies in exercises that could include body weight, free weights, upper body, lower body, cardio, core & more. Class is designed to push you out of your comfort zone with a group/team effort-no drill sergeants! Modifications can be offered. Some classes will have a HIIT or Tabata focus.

**Cardio Kick:** A non-contact kickboxing workout. We utilize boxing style rounds and bodyweight exercises for a high energy workout that leaves you feeling strong, sweaty and satisfied.

**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.

**Legs and Abs:** Focus on lower body and core exercises.

**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

**Power Yoga:** A style of Vinyasa Yoga which will tone and strengthen your body, clear your mind and leave you with a sense of accomplishment and empowerment. The dynamic mix of sweat and spirit that is cultivated in Power Yoga will challenge you to step up to your personal edge while providing a total body workout.

**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.

**Silver Sneakers Circuit®:** Offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for standing support.

**Silver Sneakers Classic®:** Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**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.

**Yin Yoga:** Includes long, slow, passive holds for 3-5 minutes each pose. Long holds focus on the release of fascia and connective tissues around the joints, ligaments and muscles. A challenging and invigorating practice for your mind and body.

**Yoga Sculpt:** A unique combination of Vinyasa Yoga and strength training designed to sculpt every major muscle group by combining traditional yoga poses and principles with strength training and hand weights, this high-intensity workout will leave you feeling stronger, refreshed and uplifted.

**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.

**Zumba® Step:** Combines the awesome toning and strengthening power of Step aerobics with the fun fitness-party that only Zumba brings to the dance floor. Increases cardio and calorie burning while adding moves that define and sculpt your core and legs.

**Zumba® Toning:** Perfect for those who want to party but puts extra emphasis on toning and sculpting to define muscles! The challenge of adding resistance by using light weights helps you focus on specific muscle groups. Enhances your sense of rhythm and coordination while toning target zones, including arms, core and lower body.