

THE LEWISBURG YMCA AT THE MILLER CENTER
GROUP EXERCISE CLASS DESCRIPTIONS



We encourage you to try to a variety of classes at a variety of intensity levels to find what works best for you! **Please know that low impact options and intensity modifications are available for ALL classes.** Our instructors are eager to share their knowledge and passion with you and to help you get the best workout possible every time to keep you coming back for more! We hope you find the information below helpful-if in doubt, just give it a try!

Low Intensity-These classes are great for anyone who is looking to improve mindfulness and functional movement. You will feel great but you should be able to run errands after class!

Moderate Intensity-These classes are great for those looking to maintain, explore/or and expand their fitness abilities. Your heart rate will increase but you could still probably run those errands!

High Intensity-These classes are great for those ready to push their fitness to peak levels. Sorry, you're likely going to need to hit the shower before those errands! ***Remember, any class designated as high intensity can be modified to fit your current level-everybody's peak level is different!**

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. **Moderate**

Beginner Ballet: This classical ballet technique class takes the participant through a progression of barre combinations and ends with some center work away from the barre. Center work consists of a similar progression of exercises but without the barre and moves on to simple turns and optional small jumps, challenging balance and coordination. Modifications will be given. This class is executed in the spirit of joy of movement, music and dance and does not require prior experience. Varying levels will be given for those who have some experience. Ballet shoes or socks may be worn. **Low; Moderate**

BodyAttack®: A 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. Instructors will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning calories and leaving you with a sense of achievement. **Moderate; High***

BodyCombat®: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your fighter attitude and leave inhibitions at the door. **Moderate; High***

BodyFlow®: Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. **Low**

BodyPump®: The ideal workout for anyone looking to get lean, toned and fit-fast. Using light to moderate weights (barbells, weight plates and dumbbells) with lots of repetition, BodyPump gives you a true total body workout every time. **Make sure to come a few minutes early to set up your equipment!** **Moderate; High***

BodyStep®: A full-body cardio workout to really tone your butt and thighs. You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful. **Moderate; High***

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. **Moderate; High***

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. **Moderate; High***

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. **Low**

Circuit: Interval training that provides a mix of strength training, cardio, and core exercises. Alternating between stations, you will get a full body workout. Equipment may vary from weights, resistance bands, stability balls, or free body weight exercises. **Moderate; High***

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. **Low**

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. Anyone from a beginner to an avid cyclist can participate and get an awesome workout! **If it's your first class, come early so the instructor can help set up your bike. Moderate; High***

GRIT® Athletic: A 30 minute high intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance. **High***

GRIT® Cardio: A 30 minute high intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of bodyweight exercises and provides the challenge and intensity you need to get results fast. **High***

GRIT® Strength: A 30 minute high intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbells, weight plates and bodyweight exercises to blast all major muscle groups. **High***

HIIT: High Intensity Interval Training is interval training protocol that varies with work/rest ratio depending on the workout. Classes will vary with strength and cardio exercises. **High***

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

Les Mills Core®: A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together. All the moves have options, so it's challenging but achievable for your own level of fitness. Our trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises-those are part of your core too! **Moderate**

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. **Low**

PiYo® LIVE: A low impact workout with cranked up speed and fluid transitions that combines muscle-sculpting and core-firming with strength and flexibility of yoga to create long, lean muscles while torching calories. **Low**

Plyoga: A 4 part interval training system using the benefits of fundamental & accelerated yoga as an active recovery for plyometric work-in other words, you're going to work hard HIIT style and then get some beautiful recovery/stretch!

Moderate; High*

POUND®: A full-body cardio jam session combining light resistance with constant simulated drumming using lightly weighted drumsticks engineered specifically for exercising. The workout fuses elements of cardio, Pilates, strength, plyometrics, & isometric poses with a surprising lower body burn! **Moderate**

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. **Low**

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

Restorative Yoga: The selected handful of poses are practiced on the floor with enough props to support the body and allow muscles to relax. Each position is held for 5-10 minutes without muscular contraction, as the goal is to rest passively in a mild stretch. Benefits are resetting the nervous system, dissolving physical tension on a deep level, and bringing the body into alignment. Good for people with chronic pain or injury, who are run-down, overwhelmed, experience chronic low-grade stress, or for anyone who needs a "time out" to reboot. **Low**

Ripped: If you're looking for a total body strength training class, this is it! Various types of equipment will be used, including bodyweight exercises, barbells, dumbbells and more. **Moderate**

RPM®: A group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. Anyone from a beginner to an avid cyclist can participate and get an awesome workout! **If it's your first class, come early so the instructor can help set up your bike. Moderate; High***

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. **Moderate**

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.

Low; Moderate

Slow Flow: A slower-paced vinyasa flow with mindful moving and breathing in longer-held poses. Leave feeling strong and relaxed. Modifications available for all levels. **Low**

SPRINT®: A 30-minute high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill of motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. You smash your fitness goals, fast.

If it's your first class, come early so the instructor can help set up your bike. High*

Step: A full body cardio workout using a stationary step and risers. Workout can be done without the step/risers to make it low impact! **Moderate; High***

STRONG®: STRONG® by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to music that has been specifically designed to match every single move -no dancing involved! Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. **Moderate; High***

Tabata: An interval training protocol that varies with work/rest ratio. Tabata will usually be a 20sec/10sec work/rest ratio with maximum effort given during each work interval. Workout may be bodyweight or use varying equipment. Designed to keep you burning calories for HOURS after the work is done! **High***

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. Anyone from a beginner to an avid cyclist can participate and get an awesome workout! **If it's your first class, come early so the instructor can help set up your bike. Moderate; High***

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. **Moderate; High***

Yoga Pop: An upbeat vinyasa flow to your new and old pop favorites with a slow wind down and relaxation. Fuses traditional asana with themes of choreography as you breathe to the beat. Gets your heart pumping and builds strength, balance and flexibility. Modifications are available for all levels. **Low**

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. **Moderate**

Zumba Sentao®: Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process. **Moderate**

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. **Moderate**

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. **Moderate**