



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASS DESCRIPTIONS

STEP AEROBICS High-energy cardiovascular workout. Step and hi/lo aerobic conditioning for 45 minutes to strengthen the heart muscle, increase endurance and burn calories. Class will end with abdominal exercises, toning and stretching. (no weight equipment)

INTERVAL CHALLENGE This high energy class combines unlimited cardio options from step, kickboxing and hi/lo aerobic combinations to agility drills using step, BOSU, jump rope, plyometrics with intervals of strength and core conditioning. (weight equipment used)

CARDIO FUSION High energy cardio interval class (occasional jump roping) using light free weights (<5lbs), resistance tubing and more to maximize an over all toning, in a great cardio workout. The strength component of this class is achieved through cardio movement while working with light resistance or body resistance. (This class does not include barbells or heavy weights)

TOTAL CARDIO is an ultimate cardio workout that alternates high and low intensity exercises. Class design places an emphasis on providing intervals of cardio for weight loss and aerobic/anaerobic performance. (occasional jump rope and use of light weight resistance for cardio intensity)

SPORTS CONDITIONING (ADVANCED) This class combines weights, barbells, body bars, bands and resist-a-balls for strength, along with intense aerobic activities like jump rope, plyometrics, step and floor drills and routines for a well rounded athletic workout. (weight equipment)

CARDIO KICKBOXING Martial Arts inspired cardio kickboxing. This high energy class is never boring, with a variety of kicks and punches to leave you energized, sweaty and wanting more! Get your "Chuck Norris" on and be ready to kick some serious calories, develop stronger abdominals, and achieve an overall amazing workout. Class may utilize jump ropes, body bars, stability balls, kick bags and more.

BOOT CAMP (ADVANCED) Boot Camp is specifically designed for individuals ready to take their fitness to the next level. Your Drill Sargent will make you sweat and burn calories while challenging your fitness level with intense body changing cardio and strength drills in every class. This is a full body workout experience. (weight equipment)

INTERVAL BOOT CAMP (4min cardio 4min strength) Intervals consists of powerful strength and cardio exercises that will challenge your fitness to the next level. Class exercises are lead with modifications and progressions to fit the need of all fitness levels. (weight equipment)

PILOXING Uniquely mixes Pilates and boxing into a fat torching and muscle sculpting, core-centric interval workout, using a class format that's both fun and challenging (no equipment used)

ZUMBA® This is a high energy dance fitness class using a variety of dance styles . Burn calories and enjoy yourself all at the same time.

CALIENTE Latin dance steps choreographed into a fun and challenging low impact high energy aerobic workout making this class a favorite.

HIP HOP Choreographed dance steps to some of your favorite club music. Enjoy dancing to great choreography while burning calories.

YOUTH/ADULT CALIENTE/HIP HOP (youth must be at least 8 years of age to participate)

DRUMS ALIVE Drums Alive combines traditional aerobic movements with the powerful beat and rhythm of the drums. This is a workout for the entire body, mind and spirit!

SPINNING Spinning is an exhilarating body-changing exercise that integrates music, motivation, and inspiration for a terrific cardiovascular workout. All fitness levels can workout side by side for a challenging workout. Arrive at least 5-10 mins early to get your bike set up before class.

SPINNING PLUS (45min SPINNING PLUS 30min Fitness Stretch)

Experience a 45min calorie burning workout designed to challenge beginners and the well seasoned athlete. Your energy packed cardio workout will be followed by a 30min session designed specifically to help increase your core strength and flexibility(floor/mat work). This class will be a great compliment to your current program, working at your own level, achieving maximum fitness results.

TBC (TOTAL BODY CONDITIONING) TBC offers a complete muscle workout using weights, barbells, body bars, bands and resist-a-balls. This class focuses on building strength and toning muscles.

CORE & MORE(30min) Emphasis placed on sculpting the abdominals & strengthening specific core muscle groups, primarily back and lower body. This class does not include dumbbells or barbells, yet may include light resistance apparatus; bands, medicine balls, stability balls and more.

SPORT CORE & MORE (30min) This class may include a variety of equipment for resistance work including dumbbells and barbells.

PILATES Pilates is slow controlled movements that strengthen, firm and tone muscles creating an excellent core workout! Mat work implementing the principles of Joseph Pilates and increasing the challenge by the use of props.(no weight equipment)

YOGA Yoga will help build strength, balance and flexibility, while decreasing stress and anxiety. Based on hatha style yoga(no chanting)

POWER YOGA Using Power Yoga for cross training helps to reduce injuries through heightened body awareness, stabilizing the core, increasing strength, endurance and balance coordination. This class will help improve your overall health and create a sense of well being by focusing on breathing, posture flow and relaxation.

STRETCH&TONE Experience the versatility and unlimited movement options that deliver strength, stability and flexibility.(no weight equipment)

*** All classes are multi level unless specified otherwise ***

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