



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA of Greater Kalamazoo:

### YMCA Group Exercise Class Descriptions (updated December 2024)

Class Name	Description
Barre	Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape.
Body Combat	This class will challenge you to punch and kick your way to fitness. This high-energy martial-arts-inspired workout is totally non-contact and there are no complex moves to master. You will be motivated to make the most of every round.
Body Flow	Ideal for anyone and everyone, Body Flow® is the yoga-based class that will improve your mind, your body, and your life, as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.
Body Pump	BODYPUMP is a barbell workout for anyone looking to get lean, toned, and fit fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.
Cardio Drumming	Cardio drumming combines an aerobic workout with drumming movements. Cardio drumming is a low-impact workout that people of all ages and fitness levels can do. Cardio drumming helps improve your motor skills and hand-eye coordination.
Dance Fitness	Get ready to get fit while having fun in Dance Fitness! Variety is the spice of life and this class brings many styles of dance fitness to the table. This class includes everything you need for a full body workout with cardio, strength, and toning movements.
Group Cycling	Great cardiovascular and legwork out that consists of a warm-up, varied intensity intervals, and a cool down. All fitness levels welcome.
Hi-Lo	Hi Lo is a dynamic cardiovascular training program that combines a mix of high and low impact aerobics which will keep your heart rate up and your body moving.
Kettlebell	Traditional kettlebell workout that utilizes challenging, compound exercises such as the clean & press, high-row, and snatch. Your cardiovascular endurance, muscular strength, and joint stability will be constantly tested.
Moving for Better Balance (M4BB)	Derived from traditional Tai Chi, this program focuses on improving cognitive and physical functional ability especially balance to reduce fall-related risks and fall frequency.
Core & Mobility	This class focuses on strengthening your core muscles while simultaneously improving your overall joint mobility through a combination of exercises that target both stability and flexibility. Incorporating elements from Pilates, yoga, and bodyweight movements to achieve a balanced workout for your entire body.
Sculpt	Get ready for a total body toning! This low-impact class will give you a total body strength based workout using a variety of strength training tools such as dumbbells, barbell, kettlebells, ankle weights, bands, and balls. Participants should be able to get on and off a mat independently.
SilverSneakers Boom Muscle	High intensity, no to low impact. The only prerequisite to this class is the ability to get on and off the floor. This class uses mats, hand weights, resistance bands, small balls (Pilates ball), and stability balls. Silver Sneakers BOOM Muscle is for anyone. The BOOM formats were developed with the baby boomer in mind who isn't ready for chair fitness. Please arrive 10-15 minutes early to gather your equipment and to have any questions you may have answered. First-time participants, please contact the instructor, Shashu, at sbaraka@kzooyymca.org prior to attending.

SilverSneakers Circuit	Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers™ ball is alternated with non-impact aerobic choreography.
SilverSneakers Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. A variety of equipment is used for resistance. A chair is used for support.
SilverSneakers Chair Yoga	Silver Sneakers® Yoga will move your whole body through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
Step	Step aerobics is a classic cardio workout. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. Step aerobics moves are paired with upbeat music and range from simple to advance with options to modify. All levels welcome!
Les Mills Core	A 30 minute program designed to build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
Total Body Conditioning	Total body conditioning classes incorporate <b>strength exercises and cardio segments</b> using equipment such as dumbbells, stability balls, and steps. Total Body conditioning classes are intended to provide total fitness and overall toning by working every major muscle group in one workout.
TRX Circuit	TRX is a workout system that leverages gravity and your body weight to perform exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. Suspension training develops strength, balance, flexibility, and core stability.
Yoga	In this all-levels class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers. Yoga mats, blocks, and straps are provided if needed.
Zumba	Perfect for everybody and everybody! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.