



# LAKE NONA YMCA

## GROUP EXERCISE CLASS DESCRIPTIONS

### CLASS DESCRIPTIONS

#### HEALTH SEEKER

#### CORE & MORE

Learn how to strengthen your abs and the muscles that stabilize your back, hips and shoulders. It will leave you feeling refreshed all day long.

#### BASIC CYCLE

This class will teach proper bike set-up, technique and form to feel comfortable in a cycle class so you can keep moving.

#### KID'S NEXT LEVEL (Ages 8-12)

Kids get to exercise and have fun at the same time. This class incorporates body weight exercises, cardio and stretching to help build strength, endurance and flexibility.

#### BASIC YOGA

Classes will be instructed on yoga poses used in most traditional yoga classes. Time will be allotted to ask questions during each pose and the flow will be based on participants understanding of the moves.

#### BASIC ZUMBA

Get comfortable on the dance floor as you learn the four basic moves taught in Zumba. Each will be broken down and then practiced to the music.

### CLASS DESCRIPTIONS

#### STEP-UP

#### CYCLE

Fun, low impact class that will improve cardiovascular fitness. Performed on a stationary bike., your instructor will coach you through bike set-up, warm-up and cardio drills that will leave you feeling energized.

#### CYCLE FUSION

This is a great cross training class that combines your two favorite activities of cycling and strength training. Giving you a great cardio and resistance workout all in one.

#### POWER GLIDE

This class uses gliding discs to engage your muscles through a full range of motion in order to firm and tone all areas.

#### NEXT LEVEL

An instructor will guide you through a circuit training style workout to help you learn new exercise moves and challenge yourself.

#### STEP/STEP INTERVAL

Step classes are designed to use a step to achieve a cardio work out as well as incorporate strengthening and toning moves for the legs.



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### CLASS DESCRIPTIONS STEP-UP

#### BARRE FUSION

A challenging and unique workout that incorporates ballet and yoga sculpting movements, interspersed with bursts of cardio training, to create a low impact, cardiovascular and strength training workout that tones and sculpts.

#### STACKED INTERVAL

A strength training and cardio class using a series of six 30 second work/rest intervals being "stacked" upon each other for 3 minutes of continuous work. Class utilizes body weight and equipment.

#### HIIT

HIIT stands for High Intensity Interval Training. This is a class in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

#### ZUMBA

This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere.

#### PILATES

This class is designed to emphasize core strength, flexibility and awareness of movement in order to improve posture and alignment.

### CLASS DESCRIPTIONS ATHLETE

#### MUSCLE CONDITIONING

Challenge your strength with the use of resistance exercises to develop strength and endurance.

#### BOOT CAMP

The ultimate fitness challenge that combines strength training with cardio intervals, group and individual exercises to challenge your fitness in a circuit training format.

#### INSANITY

*INSANITY* is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, *INSANITY* pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

#### PIYO

This class combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga.

#### POWER YOGA

This class is a step up from our regular yoga class, moving at a faster pace and with more challenging poses focusing on strength as well as flexibility.