



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LAKE NONA YMCA GROUP EXERCISE CLASS DESCRIPTIONS



BARRE FUSION

(Ages 16+)

Barre Fusion is a full body workout that fuses the best elements of ballet, pilates, sports conditioning and stretching for a truly unique and fun experience. This routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

BARRE HOP

(Ages 16+)

A fun filled body fitness workout infused with barre, Pilates, dance, and yoga movements. Designed to burn and tone muscles while moving to the beat of the music, while using chairs, gliders, and hand weights.

BASIC YOGA

(Ages 8+, parent must be present)

45-minute introduction to Yoga. Class will focus on breathing techniques, stretching, toning and relaxation.

BODYPUMP

(Ages 16+)

55-minute workout using light to moderate weights with a lot of repetition. Instructors will coach you through the scientifically proven movements and techniques, pumping out encouragement, motivation and great music.

BASIC CYCLING

(Ages 8+, parent must be present)

Take your ride indoors as an instructor guides you on a 30 minute all-terrain journey to introduce you to indoor cycling and give you a fun and rewarding workout. We focus on proper cycle technique, body alignment and cardio drills.

CYCLING

(Ages 8+, parent must be present)

Take your ride indoors as an instructor guides you on an all-terrain journey that will get your heart pumping and challenge you to give a little more. We focus on proper cycle technique, body alignment and cardio drills.

CARDIO COMBO

(Ages 16+)

CARDIO COMBO: This cardio conditioning class could include step, hi-lo, kickboxing, running, jump rope, or other innovative cross-training techniques. Weights and resistance training will also be incorporated into this well rounded class.

HIIT

(Ages 12+, parent not required to be present)

This class combines calisthenics, plyometrics, and bodyweight exercises in cardio intervals. Exercises done in time bursts with short recovery periods. The goal is to reach an anaerobic state increasing your metabolism for 24-72 hours post workout.

HATHA YOGA

(Ages 8+, parent must be present)

Hatha yoga is an ancient asana practice that integrates breath, body, and mind. This class is a relaxed-paced yoga practice that integrates breath work with deliberate muscle elongation, toning, and spacial awareness

INSANITY

(Ages 8+, parent must be present)

Max Interval Training. It's not your typical interval workout. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest, so you can get crazy-good results.

OUTDOOR BOOTCAMP

(Ages 12+, parent must be present)

High intensity, full body workouts targeting the major muscle groups of the upper and lower body. Circuit-style routines with traditional boot camp training, with each class bringing it's own unique challenges.

STEP AND STRENGTH

(Ages 16+)

Simple, heart-pumping step aerobics routines combine with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy sculpting your body and following step combinations.



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SENIOR FITNESS

(Active Older Adults)

This fun class is designed to increase strength, flexibility and range of motion. Hand held weights, tubing, balls and chairs are used for seated and standing exercises. The instructor will guide you through low-impact cardiovascular sequences as you tone and strengthen, while focusing on balance and functional movements.

STACKED INTERVAL

(Ages 16+)

Full body 45 minute interval class using increments of 30 seconds. Workout uses various exercises to gain total body strength and endurance as you "Stack" sets of work.

STRONG BY ZUMBA

(Ages 16+)

High intensity interval training workout is driven by the science of Synced Music Motivation with a challenging progression that provides a total body workout. Not your typical Zumba class!

TOTAL BODY CONDITIONING

(Ages 16+)

This low impact class uses free weights, resistance bands, and body weight and incorporates traditional weight room exercise and compound movements to tone and shape your entire body.

WATER FITNESS

(Ages 16+)

Stay healthy with this low impact class that takes place in the YMCA pool. Experience improvements of joint stability, coordination, and cardiovascular endurance. Class may incorporate the use of water dumbbells and flotation belts.

YOGALATES

(Ages 8+, parent must be present)

A fusion of (flow) yoga and mat Pilates. Think core strength plus flexibility.

YOGA

(Ages 8+, parent must be present)

Create balance by developing both strength and flexibility. Relieve stress, find focus and achieve peace of mind, body and spirit. Class will focus on breathing techniques, stretching, toning and relaxation.

KIDS ZUMBA

(Ages 7– 12 years)

Perfect for our younger Zumba® fans! Kids 7-12 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

ZUMBA

(Ages 8+, parent must be present)

This workout is a dynamic fitness program using Latin dance flavor. Come experience the exhilaration of moving your body to the rhythm of the music! This class features easy-to-follow moves in interval training segments. Most of all plenty of FUN!