



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OVIEDO YMCA GROUP EXERCISE DESCRIPTIONS



### **BARRE**

A total body workout that fuses elements of ballet, pilates and yoga for a unique experience that sculpts a strong, lean, balanced body.

### **BASIC CORE**

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**

Fun low impact class that will improve cardiovascular fitness. Performed on a stationary bike, your instructor will coach you through proper bike set up, technique and basics to feel comfortable in a cycle class so you can keep moving.

### **BASIC STEP**

Learn the basic moves of step, performed on an elevated platform. Moves are performed on, over and around the step with great choreography, fun music and a cardiovascular workout.

### **BASIC STRENGTH TRAINING**

Learn basic strength moves with the use of resistance tools to develop strength and endurance.

### **BASIC AND GENTLE YOGA**

Class will be instructed on common yoga poses. Time will be allotted to ask questions during each pose and the flow will be based on participants understanding the moves.

### **BODYATTACK**

Sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

### **BODYPUMP**

Using light to moderate weights with lots of repetition, BODYPUMP is a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music.

### **CARDIO & STRENGTH**

Improve strength of heart and body in this combo class. Challenge your strength through traditional weight room exercises and get your heart pumping with cardio drills that will increase your fitness level and change the shape of your body.

### **CYCLE**

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. Your low impact ride will focus on proper cycle technique, body alignment and cardio drills that will improve your fitness levels fast.

### **HIIT**

This class combines calisthenics, plyometrics, strength training and cardio intervals. Exercises are done in timed bursts with a short recovery period.

### **KID'S FITNESS**

Our Kid's Fitness classes take the effort out of activity by making it fun. Combining a motivating and scientifically proven mix of age-appropriate movement and games with music! These classes captivate our youth ages 6-12—and fuel a life-long love of physical activity along the way.



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### **PILATES**

Find balance in your day with this Mind, Body and Strength class designed to emphasize balance through core strength, flexibility and awareness of movement in order to improve posture and alignment.

### **POWER YOGA**

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 in a fast paced workout that will challenge even the best athlete.

### **SHALLOW WATER**

Make a splash with a low impact workout in the water. Classes will include basic cardio moves, use water resistance for basic strength training and sooth the muscles with light stretches to finish. Non-swimmers are welcome!

### **SILVERSNEAKERS**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### **STEP**

Class uses an elevated platform (step). Moves are performed on, over and around the step with great choreography, fun music and a cardiovascular workout.

### **STRENGTH TRAINING**

Challenge your strength with the use of resistance exercises to develop strength and endurance. Class will incorporate traditional weight room exercises and compound moves that will AMP your metabolism and change the shape of your body.

### **STRETCH**

A total-body stretch class. Great for relaxing, stretching and lengthening tight muscles. Stretching is important for people of all ages. Benefits of stretching—increase range of motion, reduce muscle tension, enhance muscular coordination, increase blood circulation and higher energy

### **TAI CHI**

Practice the traditional Tai Chi movements following a natural, relaxed pattern of gradual movements to improve joint range of motion, balance and stability.

### **Y-FIT**

This is a class created by a trainer to give you a full body workout. It uses interval training to increase both cardio and strength. The class is taught using the Omnia / Kinesis machines. This class is fit for all levels. The instructor will create modifications to allow you to take the exercise down to a basic level, and also modifications to increase the exercise to an athletic level.

### **YOGA**

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.

### **ZUMBA**

Dance class that fuses Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. Learn the hottest Latin dances while having fun with your closest friends.

### **ZUMBA GOLD**

This class is designed to take the exciting Latin and international dance rhythms into focus for the active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Focuses on balance, range of motion and coordination.

### **ZUMBA TONING**

Dance class that fuses Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere. Zumba Toning uses body resistance or weights to enhance muscular strength and endurance.