



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DOWNTOWN ORLANDO YMCA GROUP EXERCISE DESCRIPTIONS



### ACTIVE OLDER ADULT (AOA)

A kinder, gentler aerobic workout appropriate for older adults who would like to include a low-intensity, low-impact workout in their fitness plans. Each class includes an aerobic conditioning and stretching segment.

### ADVANCED SWIM WORKOUT

(Ages 18+)

Work closely with a swim coach to improve your technique and maximize your swimming strengths. Coaches create workout programs to challenge intermediate and advanced swimmers.

### AQUA ZUMBA

(Ages 8+, parent must be present)

A low impact, high energy, aquatic dance party! Using the water as resistance to tone and shape while having fun with the feeling of ZUMBA.

### BARRE

(Ages 16+)

Barre is a 55-minute 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.

### BEGINNER YOGA

(Ages 8+, parent must be present)

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

### BODYATTACK

(Ages 8+, parent must be present)

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

### BODYCOMBAT

(Ages 8+, parent must be present)

55-minute high energy, fun martial arts-inspired workout. You'll learn how to safely punch, kick and strike your way to new levels of fitness and strength.

### BODYPUMP

(Ages 16+)

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

### BORN TO MOVE

(Ages 6-12, youth only class)

30-minute youth fitness program. Fun comes first and in BORN TO MOVE we guarantee there is a lot of it. Games, martial arts, dance and movement—it's all there and designed to make you stronger, faster and more agile.

### BOOT CAMP

(Ages 16+)

55-minute class. Experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body. From circuit-style routines to creative muscle-toning exercises, each class brings its own unique challenges.

### CARDIO STRENGTH

(Ages 16+)

By training with free-weights, resistance-bands, and body-weight this 55-minute workout will give you an exciting range of strengthening, balance and core exercises while improving your cardiovascular health.

### CORE

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

A non-stop 15 minute core workout guaranteed to fatigue and challenge your core strength.

### 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. We utilize technology to project metrics of your ride (RPM, speed, heart rate, etc.) onto the TVs in the room and help you enhance your cycle experience and workout.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### **CXWORX**

(Ages 16+)

An efficient and effective 30-minute core workout. It was designed to improve abdominal and low back strength while actively engaging muscles in a way that can help prevent injury.

### **DEEP WATER FITNESS**

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

Low impact class performed in the water. Designed for you to see improvements in joint stability, coordination, heart health and strength. Class will incorporate cardio and strength, using water dumbbells and floatation belts.

### **HIIT**

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

This High Intensity Interval Training 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.

### **MAT PILATES**

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

Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body with an emphasis on core strengthening. Mat-based classes are taught using floor mats and may use a small amount of equipment.

### **NEXT LEVEL**

(Ages 16+)

This 30-minute high-intensity workout uses everything from agility cones and ladders to kettlebells and TRX bands, you'll improve your cardiovascular fitness, strength, energy and overall total body tone.

### **POWER YOGA**

(Ages 12+, parent not required to 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.

### **SHALLOW WATER**

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

Stay healthy with this low impact class performed in the water. Experience improvements in joint stability, coordination, heart health and strength. Class will incorporate cardio and strength using water dumbbells and floatation belts.

### **SILVERSNEAKERS**

(Ages 65+)

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.

### **STRETCH**

(Ages 8+, parent must be present)

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 levels.

### **TAI CHI**

(Ages 8+, parent must be present)

A 55-minute class suitable for all skill levels. Graceful form of exercise that is used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements.

### **YIN YOGA**

(Ages 8+, parent must be present)

Yin Yoga is a quiet practice suitable for students of all levels of experience. Through the practice of long held postures targeting the connective tissue of the low back, hips and hamstrings, Yin Yoga invites you to slow down and create space for stillness while nourishing joints, ligaments, tendons and fascia.

### **YOGA**

(Ages 8+, parent must be present)

These classes integrate stretching, strengthening and balance with breathing and meditation. This is a great class for practitioners of all levels, including those with special considerations.

### **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 with fast and slow rhythms, and most importantly it helps you develop a commitment to fun!