



# OSCEOLA COUNTY YMCA CLASS DESCRIPTIONS



**AQUA ZUMBA®** - Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance fitness party. Make your workout fun with this invigorating low impact and high energy exercise.

**BASIC FITNESS & STRETCH** - This low impact class incorporates both cardio and strength exercises. Exercises with aerobic moves, weights and bands combined with stretching to increase flexibility and range of motion.

**CARDIO DANCE** - This dance-based cardio class incorporates a wide variety of medium- and low-impact aerobic dance moves to a variety of high-energy beats. It's like a dance party!

**CARDIO STRENGTH** - Improve the strength of your heart through a combination of aerobic and strength moves to elevate your heart, burn calories and increase endurance.

**CORE & MORE** - focuses on strengthening the abdominals, glutes, lower back, hips and shoulders - either as the primary or supportive muscles.

**CYCLE** - A personalized cardio program for all fitness levels performed on a stationary bicycle. You will ride through an all-terrain ride while focusing on proper body alignment and cycling techniques.

**KICKBOXING** - High Intensity Interval training class using traditional fitness moves for a more athletic, conditioning-style workout. Your own body weight achieves muscle definition with high energy.

**NEXT LEVEL** - The ultimate fitness challenge in a circuit training format. Take your workout to another level with this power based training regime that will work every muscle in your body.

**PILATES (CHAIR)** - A gentle flow of poses and movements to enhance your strength, flexibility, and balance. A chair is available for standing support.

**POWER PILATES** - An advanced form of exercise which emphasizes the balanced development through core strength, flexibility and awareness to support efficient, easy movement.

**SILVERSNEAKERS® CLASSIC** - A workout variety of muscular strength, range of movement and activities for daily living. Weights, elastic tubing and ball are used for resistance. A chair is available for standing support.

**SILVERSNEAKERS® CARDIO FIT** - A class designed for a safe and effective low-impact cardiovascular workout. Energizing movements and strength training options provide a well-rounded workout.

**SILVERSNEAKERS® SPLASH** - A fun shallow-water class using a SPLASH -board to increase movement and intensity options. Suitable for all skill levels and is safe for non-swimmers. Provides aerobics and resistance benefits.

**STRENGTH** - Conditioning to tone and firm the entire body. Using resistance exercises to develop muscular strength and endurance. Barbells, hand weights, stability balls, and a step bench may be utilized during class.

**STRONG BY ZUMBA®** - High Intensity Interval training class using traditional fitness moves for a more athletic, conditioning-style workout. Your own body weight achieves muscle definition with high energy.

**ZUMBA®** - These dance classes fuse Latin rhythms and easy to follow moves to create a dynamic fitness party atmosphere.

**ZUMBA TONING®** - Using light weight dumbbells you will work every muscle group. Along with light-weight upper body resistance, you will work against gravity or the floor to define your leg and abdominal muscles.

**\*SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE\***