

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## Class Descriptions

<b>Beginning Cycle</b>	A cardiovascular workout performed to music on specially designed stationary bikes; don't forget your water and a towel! (30 min)
<b>All About Abs</b>	Fun and different moves to tone and strengthen the abdominal muscles and core (30 min)
<b>Beginning Step</b>	This class is designed to teach you the basic moves of a traditional step class. (30 min)
<b>Corepole</b>	Total body workout using resistance bands done on a specially designed piece of equipment called a Corepole. (45 min.)
<b>Easy Stretch</b>	A gentle way to increase flexibility and develop lean muscles. Includes core strengthening and yoga poses. (60 min.)
<b>Gentle Yoga</b>	A slow-paced yoga class focused on stretching, relaxation and rejuvenation (60 min.)
<b>Just Muscle</b>	Complete body toning class using weights and bands and optional stability balls. (60 min.)
<b>Let's Dance!</b>	Different formats such as Hip Hop, Latin, Nia etc. each week to music. See flyer for details. All levels welcome (60 min.)
<b>NIA</b>	Nia combines movements from the Dance Arts (jazz, Modern Dance, Latin), the Martial Arts (Tai chi, Tae Kwon Do, Aikido), and the Healing Arts (Yoga) into one fantastic Cardio Dance fitness class. All Nia movements are adaptable and can be personalized for any level of fitness and agility. (60 min)
<b>Pacers</b>	A low impact class focusing on cardio, strength and flexibility. (60 min)
<b>SilverSneakers®</b>	Strength and range of movement is the core of this multi-level conditioning class. The use of light hand weights, tubing and a small ball are included in this class. (45 min.)
<b>Simple Circuits</b>	Simple, effective weight and cardio circuits for all levels (60 min).
<b>Smooth Moves</b>	Aquatic aerobics class focusing on range of motion. (60 min)
<b>Still Waters Yoga</b>	Yoga for all levels that focuses our attention on Biblical scripture through meditation and yoga poses and flows. Yoga that refreshes your soul and renews your body.
<b>Yoga</b>	This is an effective way to build strength, stamina and flexibility while cultivating a sense of peace and well-being. (60 min.)
<b>Zumba</b>	Dance your way to fitness~ exciting and unique Latin moves will keep you moving. (45 or 60 min) Intro format is 15 min.