



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BAYSIDE FAMILY YMCA GROUP EXERCISE CLASS DESCRIPTIONS

**ARTHRITIS LAND** – DESIGNED ESPECIALLY FOR PEOPLE WITH ARTHRITIS. A VARIETY OF EXERCISES ARE USED TO HELP IMPROVE JOINT FLEXIBILITY, RANGE OF MOTION AND MUSCLE STRENGTH. REGISTRATION REQUIRED.

**BODYCOMBAT**- BODYCOMBAT IS A HIGH-ENERGY MARTIAL ARTS-INSPIRED WORKOUT THAT IS TOTALLY NON-CONTACT. IT'S A COMBINATION OF KARATE, TAEKWONDO, BOXING, MUAYTHAI, CAPOEIRA AND KUNGFU. NO EXPERIENCE NEEDED.

**BODYFLOW**- BODYFLOW IS A YOGA-BASED CLASS CREATED TO HELP IMPROVE YOUR MIND AND BODY. IT'S A COMBINATION OF YOGA, TAI-CHI AND PILATES.

**BODYJAM**- BODYJAM IS THE ULTIMATE COMBINATION OF MUSIC, CULTURE AND DANCE AND IT'S FOR EVERYONE! THE EMPHASIS IS PUT ON NOT ONLY HAVING FUN, BUT ALSO BREAK A SWEAT!

**BODYPUMP** – BODYPUMP IS THE ORIGINAL BARBELL WORKOUT FOR ABSOLUTELY EVERYONE. USING LIGHT TO MODERATE WEIGHTS WITH LOTS OF REPETITION (REPS) BODYPUMP GIVES YOU A TOTAL BODY WORKOUT THAT BURNS CALORIES, STRENGTHENS AND TONES.

**BODYVIVE** – BODYVIVE FEATURES THE OPTIMAL MIX OF STRENGTH, CARDIO AND CORE TRAINING. WITH THREE WORKOUTS IN ONE, THIS IS A GREAT CROSS TRAINING OPTION FOR BUSY PEOPLE ON THE GO!

**CHAIR YOGA** – THIS YOGA IS PERFORMED FROM A CHAIR. EXPERIENCE RELAXATION AND MEDITATION WHILE FOCUSING ON BREATHING, MOVING, STRETCHING AND GAINING STRENGTH.

**CORE & STRENGTH** - STRENGTHEN YOUR CORE WITH A COMBINATION OF CORE SPECIFIC MOVES USING YOUR OWN BODY WEIGHT AND RESISTANCE TRAINING.

**GROUP CYCLE** – THIS INSTRUCTOR-LED STATIONARY BIKE WORKOUT IS SET TO MOTIVATING MUSIC AND SIMULATES A CHALLENGING WORKOUT. IT IS A GREAT INDOOR INTERVAL TRAINING THAT PROVIDES A WELL-ROUNDED WORKOUT.

**HIGH INTENSITY INTERVAL TRAINING/CORE (HIIT)** – A COMBINATION OF HIGH INTENSITY CARDIO AND TONING MOVES THAT SPECIFICALLY TARGET THE

**CORE**. THIS INTENSE CORE ROUTINE WILL PUSH YOU THROUGH MORE WORK THAN YOU MIGHT DO ON YOUR OWN IN A SHORT PERIOD OF TIME. EXERCISES CAN BE MODIFIED FOR ALL LEVELS.

**INTERVAL TRAINING: FUSION** – LOW-MODERATE IMPACT INTERVALS OF CARDIO, STRENGTH CONDITIONING, BALANCE AND STRETCH.  
**INTERVAL TRAINING: HIGH INTENSITY** – ALTERNATING SHORT, HIGHER INTENSITY INTERVALS OF CARDIO EXERCISE WITH LOWER, SLOWER INTERVALS OF STRENGTH & CONDITIONING MOVES.

**LOW IMPACT** – LOW INTENSITY CARDIO WORKOUTS, DESIGNED FOR BEGINNER AND INTERMEDIATE LEVELS.

**PILATES** – A CONDITIONING PROGRAM THAT FOCUSES ON CORE STABILITY, MUSCLE CONTROL, FLEXIBILITY, COORDINATION, STRENGTH & TONING.

**SILVER SNEAKERS** – CLASS DESIGNED TO IMPROVE THE OVERALL MUSCLE STRENGTH, RANGE OF MOTION, FLEXIBILITY AND BALANCE OF ACTIVE OLDER ADULTS. A CHAIR IS AVAILABLE FOR SEATED AND/OR STANDING SUPPORT.

**STEP** – FOR ALL OF THOSE THAT ENJOY STEP, THIS LOW IMPACT, HIGH INTENSITY WORKOUT BURNS FAT AND BUILDS MUSCLE.

**STRENGTH & CONDITIONING** – A TOTAL MUSCLE CONDITIONING CLASS THAT INCLUDES WORKING ON MUSCLE STRENGTH AND ENDURANCE WITH VERY LITTLE CARDIO BUT LOTS OF EMPHASIS ON VARIOUS MUSCLE GROUPS.

**TEEN FITNESS** - THIS TWO MONTH CLASS IS DESIGNED FOR TEENS WHO ARE LOOKING TO IMPROVE THEIR FITNESS. CLASSES INCLUDE A COMBINATION OF PILATES, YOGA AND BOOT CAMP STRUCTURED WORKOUTS. SPACE IS LIMITED.

**TRX** - BORN IN THE NAVY SEALS, TRX SUSPENSION TRAINING USES GRAVITY AGAINST YOUR BODY WEIGHT TO SIMULTANEOUSLY DEVELOP STRENGTH, BALANCE, FLEXIBILITY AND CORE STABILITY.

**YOGA** – EXPERIENCE RELAXATION AND MEDITATION WITH A FOCUS ON BREATHING, MOVING, STRETCHING AND GAINING STRENGTH.

Bayside Family YMCA • 70 West Street • Barrington, RI 02806  
401-245-2444 • 401-245-6588 (fax)  
[www.ymcagreaterprovidence.org](http://www.ymcagreaterprovidence.org)

*Our mission is to build healthy spirit, mind and body for all through programs, services and relationships that are based upon our core values of caring, honesty, respect, and responsibility.*

**YOGA (YOUTH) – YOGA FOR CHILDREN HAS MANY BENEFITS, INCLUDING INCREASED STRENGTH AND FLEXIBILITY, BUILDING SELF-CONFIDENCE, RELIEVES STRESS AND HELPS WITH FOCUS AND ATTENTION. YOGA FOR KIDS LAYS A FOUNDATION FOR LIFELONG PHYSICAL ACTIVITY. CLASS IS TAUGHT BY A CERTIFIED YOGA INSTRUCTOR.**

**ZUMBA – COMBINES LATIN AND INTERNATIONAL MUSIC FOR A FUN AND EFFECTIVE WORKOUT.**

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