



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Class Descriptions

Level: **1** = Low impact/entry level; **2** = Moderate/Intermediate Impact; **3** = Advanced/High Impact

* = Due to equipment limits, registration is required

\$ = a fee-based program

1-3 **ABSOLUTELY ABS:** 15-minute class designed to train the core muscles will provide a blast to your belly!

1 **BACK TO HEALTH:** recently suffered an injury and are ready to return to exercise or just beginning/restarting your fitness journey? This class is for you. 20 minutes of cardio, 20 minutes of stretching and 20 minutes of strength training in a nurturing environment. (WBY only)

1-3 **BARRE FUSION:** Ballet-based conditioning exercises consist of standing barre exercises, light weights, arms and abdominal work. Finishes with great lengthening stretches to improve flexibility. (WBY only)

2-3 **BODY COMBAT™ BY LESMILLS:** Punch and kick your way to fitness with this intense and cardio and conditioning class. Release stress and burn calories as a certified instructor guides you through moves from Tae Kwon Do, Kickboxing, and more!

2-3 ***BODY PUMP™ BY LESMILLS:** Looking to get leaned, tone, and fit? BODYPUMP uses a barbell with light to moderate weight, a high number of repetitions and *scientifically proven* moves and techniques that help sculpt and tone your muscles.

1-3 **BODYVIVE™ BY LESMILLS:** a challenging mix of body weight and tubing exercises that will tone and strengthen while providing a cardio workout. Improve flexibility, balance, agility and core strength.

KIDS **BORN TO MOVE™ BY LES MILLS:** for kids 8-12 years old. Using cool moves from dance, martial arts and yoga, this class is jam-packed with cool music, foundation fitness moves and fun games. (KCY only)

1-3 **CARDIO CHISLE:** an exhilarating workout for all levels. Low weights and high repetitions will chisel your body! (KCY only)

1 **CHAIR YOGA:** Focus on flexibility, strengthening and relaxation. Exercises are gentle and are done using a chair for support.

1 **CYCLE LITE:** a 30 minute class designed for participants who are new to indoor cycling. Learn, bike set up, proper technique and the principles of indoor cycling while getting a quick, efficient, cardiovascular workout.

1 **ENHANCED FITNESS:** an evidenced-based group program offered three times per week. Your progress is tracked by conducting periodic "fitness checks". The workout helps you become more active, energized and empowered. The workout is conducted using a chair as a workout tool while also providing an option for breaks if needed.

1 **GENTLE YOGA:** Focus on gentle stretching, coordination of breath with movement as well as basic balance and standing postures. Props are used to allow the body to achieve each posture safely. Class ends with deep relaxation and guided visualization.

1-3 ***GROUP CYCLING:** An exhilarating workout for all levels. Guided ride with hills, intervals, speed work all done to motivating music.

1-3 **INTERVAL TRAINING:** Intervals of cardio and strength training using weights, body weight or other equipment.

1-2 **LOW IMPACT AEROBICS:** Designed specifically for beginners and active older adults to improve cardiovascular fitness, muscular endurance and flexibility.

2-3 **PILATES:** Take the pain out and bring the control back in with this workout. Develop mind-body awareness, gain greater flexibility and balance, strengthening, lengthening and toning core muscles.

1-3 ***RIDE & SCULPT:** a combination of a cycling class and strength training with light weights, body weight or other equipment.

1 **SPECIAL MOVES:** Designed for our friends w/ special needs--all are welcomed! This 30 minute class is open to any member in our community with special needs. It is NOT necessary to be a member. Aides are welcome to participate or just sit back and watch the magic!

1-2 **STEP 101 AEROBICS:** Learn the basics of Step Aerobics in a welcoming slower paced environment.

Kent County YMCA ● 900 Centerville Road, Warwick RI 02886 ● P 401 828 0130
West Bay Family YMCA ● 7540 Post Road, North Kingstown, RI 02852 ● P 401 295 6501

www.ymcagreaterprovidence.org

The YMCA of Greater Providence is a 501(c)(3) charitable organization. Financial Assistance is available through donor support.

1 SILVER SNEAKERS: regardless of your fitness level, you can help improve overall strength, flexibility and balance, resulting in an ability to stay healthy and maintain your daily activities and independence. A chair is available for seated and/or standing support.

1-2 STABILITY BALL: designed to strengthen the entire body. Most exercises are performed using a stability ball. Benefits include increased flexibility, balance and coordination. (KCY only)

2-3 STEP AEROBICS: high energy class that will burn fat and increase cardiovascular strength.

2-3 STEP INTERVAL: intervals of step choreography and strength training using various equipment.

1 STRENGTH AND CONDITIONING 101: learn the basics of strength and conditioning in a welcoming slower paced environment.

1-3 STRENGTH AND CONDITIONING: Strength and condition muscles using weights and other equipment to increase muscle tone. Often complimented with conditioning exercises.

2-3 STRONG BY ZUMBA: Combines high intensity interval training with the science of synched music motivation. Push yourself passed your perceived limits to reach your fitness goals faster! (WBY only)

2-3 TABATA-STYLE: A challenging workout of timed-drills. Class will fly by as you raise your heart rate and strengthen your body.

3 X-TREME FIT: Non-stop power-house class that builds fitness and strength while improving energy levels, flexibility, balance, agility and core strength. A challenging mix of lunges, squats, sprints and high repetition strength training with light weights.

1-2 YOGA FUNDAMENTALS: All welcome but geared towards the beginner to help master the basic yoga skills. Deepen knowledge of proper breathing, alignment, yoga philosophy—a meditation in motion. Create a grounded foundation that promotes health and well-being.

1-3 YOGA FOR ALL LEVELS: Practice breathing, proper alignment, and stretching which includes a flow of yoga poses. Modifications to meet all levels included.

3 YOGA--ADVANCED: Intermediate/advanced yoga class is designed to challenge those with a strong foundation of yoga.

YOGA--FAMILY: Children and adults will learn basic yoga poses while developing strength and flexibility. Participants will also learn breathing and relaxation techniques.

2-3 YOGALATES: Yoga & Pilates movements are combined to develop strong core muscles, greater strength, flexibility and posture. Learn to coordinate breathe with movement to create total mind-body awareness.

1-3 ZUMBA: take the "work" out of workout, by mixing all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

1 ZUMBA GOLD: Learn the basics of Zumba at a slower pace.

Water Fitness Group Exercise Class Descriptions

1-3 WATER WORK: this class is geared to people with mobility concerns such as Parkinson's, Arthritis, Multiple Sclerosis, post-surgery recovery, or for anyone looking for a gentler form of exercise. Water Works is low impact and focuses on flexibility, balance, and range of motion. This class takes place in both deep and shallow water. However accommodations can be made whenever necessary.

1 WATER FITNESS: This is a high energy class that focuses on flexibility, balance, range of motion and strength. Instructors use a variety of equipment to challenge you. This class takes place in both deep and shallow water. However accommodations can be made whenever necessary.

Boot Camp Descriptions (all classes taught by a certified trainer)

BEGINNER OR INTERMEDIATE BOOT CAMP (\$) A highly motivating environment, where you are bound to enjoy the physical and emotional benefits of challenging yourself.

BOOT CAMP TRAINING (\$) Work out as if you were joining the military. YMCA staff leads you through a cross-country workout, using calisthenics and the environment to get you in tip-top shape.

BOOT CAMP CIRCUIT (\$) Challenge yourself! Combines intervals of cardio, sports conditioning and fitness conditioning circuits.

LIVESTRONG™ AT THE YMCA A 12-week program designed specifically for adult cancer survivors who have become de-conditioned or chronically fatigued from their disease and/or treatment. Open to men and women 18 years of age and older, who have had a cancer diagnosis. Classes meet twice a week for 75 minutes and consist of strength training and cardio conditioning, with a relaxation/stretching segment at the end of each class. Intake and medical clearance is required for program enrollment. (KCY only)