



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Class Descriptions:

20/20/20: Cardio/Strength/Cardio.

(AOA) Active Older Adult Fitness

An exercise class designed for those who are young at heart; 55 years and up. AOA classes include low impact cardiovascular training, muscular strength and endurance, and flexibility training.

Boot Camp

An intermediate level class offering a challenging fast paced workout designed to develop strength, cardio respiratory endurance and coordination. We will use calisthenics, agility drills, plyometric drills, circuits, weights and much more!!! May also use outdoors – weather permitting.

Fitness Yoga

A user friendly workout designed to bring the benefits of yoga to all levels from beginners to advanced. Improve strength, flexibility and balance while reducing stress and tension. Sharpen your focus on a healthy spirit, mind, and body. Bring your yoga mat.

Flex Appeal

Muscle Conditioning for the Active Older Adult

Gentle Yoga

Gentle Yoga incorporates easeful flowing movements, sequences and yoga postures; meditative centering activities, and breathing techniques. Improve flexibility, manage stress and gain a deeper sense of spirit, mind, and body.

Hi/Lo

Class emphasis is on cardiovascular fitness. A safe and effective workout with high and low intensity moves for all fitness levels using floor aerobics.

*Cardio Gold ~for the Boomer and Beyond!

NIA

Nia is an aerobic and strength movement form that includes Dance Arts, Healing Arts and Martial Arts for a total body workout. Intensity levels range from the seasoned athlete to beginner.

The Male Slot

A class just for the guys! This class strengthens the whole body. This workout utilizes bands, stability balls and dumbbells.

Muscle Fit

Work those muscles! This class utilizes dumbbells, exercise tubes, stability balls and yoga to tone, strengthen and stretch all your major muscles for a complete body workout.

On The Ball

A combination of Pilates mat work and yoga movements using the stability ball to enhance development of the core strength for all fitness levels.

Pilates Matwork

Fine tune your body and calm your mind. Improve flexibility, strength, balance, breathing and body movement. This fun class is for all fitness levels and emphasizes full body movement and balance.

GARDEN RANCH FAMILY CENTER YMCA

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PiYo

A challenging mind/body workout blending vigorous flow yoga with intense power core Pilates movements and incorporating elements of flexibility and relaxation. Previous yoga experience recommended.

Power Hour

No aerobics here; just head to toe toning. Great for anyone who wants to improve muscular strength and endurance. Light to moderate weight will be used. The class will incorporate dumbbells, exer-tubes and bands.

SilverSneakers® I - Muscular Strength and Range of Movement (MSROM)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities of daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® II - Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation.

Step

A great cardiovascular workout using benches. Basic step movements may be alternated with strength training and other cardiovascular exercises. All fitness levels welcome.

Sunrise Yoga

Start your day off right with this early morning yoga class. Improve your overall well-being through the practice of various yoga postures, breathing and relaxation techniques. Reduce stress and muscle tension. Appropriate for all levels.

Yoga Flow

This total mind/body workout features strength, flexibility, balance and relaxation. Using your breath as your guide, you will discover the power of awareness, acceptance and calmness. Appropriate for all levels.

Zumba

ZUMBA combines high energy and motivating music with unique moves and combinations. It is a fusion of Latin and International music – dance themes that create a dynamic, exciting, effective workout. All fitness levels welcome.

Zumba Gold

Zumba with all the moves but at a slower pace! All fitness levels welcome!

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