


Eastside Family YMCA

CLASS DESCRIPTIONS (All classes can be modified to meet your fitness level)

ACT– Activities Through Cancer Treatment and Beyond – An exercise and wellness program dedicated to the recovery of all cancer patients. This class includes cardio work, strength work, flexibility and relaxation. All levels.


 Back to Basics – Grab your leg warmers and headbands as we go back to good old fashion floor aerobics. All levels.


 Barre Class – A strength and flexibility class inspired by classic dance genres utilizing ballet bars. All levels.


 Bands, Bells, & Balls – A total body strength training workout incorporating the use of resistance bands, kettlebells, and stability balls. All levels.


Cardio Dance – This class is a high energy cardiovascular infused group workout which combines top 40 music and many current styles of dance. Join in on the fun and energizing calorie burning workout! No experience necessary! All levels.



Cardio Kickboxing - An action-packed workout that combines elements of boxing, martial arts and cardiovascular exercise to provide overall physical conditioning and toning. Punch and kick your way through this challenging workout which does not involve physical contact. All levels.


 CorePower Yoga ®– Set to energizing music, CorePower Yoga strengthens, balances, detoxifies and exhilarates the body and mind. CorePower Yoga will have you moving and breathing.

 Circuit City- A high intensity interval class designed to push your body to the limit. You will use all of your muscle groups allowing for little rest in between sets. Not for beginners.

 Fit Club Mash Up - Circuits of body conditioning and resistance training using high-intensity aerobics while targeting strength building and muscular endurance. This class allows each individual to work at their respective fitness level, challenging a variety of heart rate zones and muscle groups for a full cardio and strength workout. Not for beginners.

 Hip Hop Cycle- Looking to add a little “flavor” to your cycling? Then this is the class for you! This non-traditional cycling class allows you to feel the beat of hip-hop music all while getting a high intensity, upper and lower body workout. Bring your attitude and your smile and get ready for a ride! All levels.

  Are you up for the challenge? Prepare to see insane results with Max Interval Training. This class will keep your body working at maximum capacity throughout the entire workout of athletic and plyometric drills mixed with intervals of strength, power, resistance and core training. You will keep pushing your limits – so your body has to adapt. It's time to dig deep! Not for beginners.

 Krazy for Kettlebells- Join the kettlebell craze as you squat, lift, lunge, and push your way through this head to toe routine using a kettlebell. All levels.

Multi Level Yoga – This class is for both advanced–beginner students. This will help to give a great basic practice of yoga with the ability to grow. Find your own practice within a knowledgeable and comfortable atmosphere. All levels.

Pilates - A combination of stretching and strengthening, this class will improve your flexibility and core muscle strength while also focusing on proper body alignment, breathing, and relaxation. All levels.


PIYO - A musically driven low-impact, high-intensity workout inspired by Yoga and Pilates, which targets strength and flexibility in a cardio format. Not for beginners.


Shape-Up- A toning and strengthening class using the stability ball and hand weights. All levels.

Step- A cardiovascular workout using step patterns while incorporating high and low intensity into the class (*can be done without a step*). All levels.


Y-Cycle- An intense cardiovascular workout focusing mainly on the lower body. All levels.

Y-Pump- Anything goes in this strength training class. You will work all your muscle groups using barbells, hand weights, resistance bands, kettlebells, and/or exercise balls. All levels.

 - A dynamic and energetic cardio class combining dance with fitness, adding Latin flavor and international zest into the mix. No dance experience necessary. Ditch the workout and join the party!

 - A modified Zumba® class using the original moves you love at a lower-intensity. Great for beginners.

SILVER&FIT
ENDORSED

 COMBO CLASSES – Can't decide on a workout? Now you don't have to! This class will break up the routine by giving you 30 minutes of “this” and another 30 minutes of “that.” Come to one or both, the choice is yours.

Combos offered include: Cycle/Kettlebells, Cardio Kickboxing//Insanity, Hip Hop Cycle/Yoga, Step/Kettlebells.

10/28/2014