

## Cardio

**Boot Camp:** It's the ultimate circuit workout combining intervals of cardio drills and muscle conditioning drills. Enjoy the variety of using jump ropes, boxing drills, climbing stairs, and even a little healthy competition. A high intensity class.

**Cardio Blast:** A full body workout combining multiple cardio & strength exercises.

**Cardio Interval:** Strictly a heart pumpin' workout with some extra bursts of intensity swueezed in the middle.

**Quick Rebounder:** Get a great cardio workout in just 1/2 hour time. This class utilizes the Urban Rebounders, as well as fun props like toning sticks & air ropes.

**Simply Step:** A step class created especially for beginners in a non-intimidating and first-time friendly atmosphere. This class offers basic step introduction, easy to follow choreography and slow paced music, emphasis on form and proper execution on movements.

**Step Aerobics:** Our traditional step class with more challenging moves and step patterns. This class will challenge the beginner & advanced participant.

**Turbo Kick:** The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down.

## Strength

**PiYo:** PiYo™ is a class that combines Yoga Poses with Pilates mat exercises to build CORE strength and enhance agility and balance

**Pump It:** This class is an any-thing-goes strength workout. The class utilizes barbells, hand weights, resistance bands, and exercise or medicine balls. (Suitable for all levels)

**Rep Reebok:** This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. This class stresses muscular endurance, muscular strength, power, and reactive training. (Suitable for all levels)

**Rep Plus +:** This takes the format of Rep Reebok and adds short bursts of calorie burning movements.

Classes are open to adults & youth ages 13+

## Combo Class

**Total Body Conditioning:** An interval style workout. This class will supercharge your fitness, boost your metabolism, burn off that extra fat. Join along & start reaching those goals you've set for yourself. (Suitable for all levels)

**Zumba Pump:** Combine the Latin blast of Zumba with light weight toning work.

## Dancing

**Hip Hop Hustle:** Burn up the dance floor and burn calories too! Hip Hop HUSTLE™ blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!

**Zumba:** A Latin inspired fitness class. Salsa, Samba, Merengue and Raegatone dance steps blend together to create a dynamic, exciting, and effective cardiovascular workout. You don't have to know how to dance to enjoy Zumba.

**Family Zumba:** Enjoy the Zumba craze & have fun as a family dancing together. Children are invited to participate in this class.

**Zumba Toning:** Take your dancing to the next level by using weighted dancing sticks.

**Party Remix:** If you like Zumba®, be sure to try our new Party Remix! Come prepared to sweat as you move to radio hits; limited choreography makes this class fun for everyone!

**Happy Feet:** Just because you may have special needs doesn't mean you can't get groovy dancing the time away! This class is open to all who are differently-abled. Ages 10+

**Tiny Happy Feet:** This class is geared for our tinniest little dancers with special needs. Ages 3+ Parents are required to remain in the classroom with their child.

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## New Trekking Class

Lower Level Fitness Center  
Wednesdays & Fridays 12:00pm

A 30 minute high energy, instructor lead treadmill class that focuses on intervals of speed, incline, and endurance drills guaranteed to boost your cardiovascular fitness.

Class size is limited.

Reserve your treadmill today at the Membership Desk.

# Studio 1 Classes

## Glenwood YMCA

### Fall 2011



[www.ymcaerie.org](http://www.ymcaerie.org)

Facebook Fans:  
Glenwood Park  
Family YMCA

(814) 868-0867