

## Cardio

**Boot Camp** - 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.

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

**Turbo Kick@+** - 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. Some Intensity Intervals added for extra calorie burn!!

**INSANITY**- This class uses MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. You'll burn calories, gain endurance and have a blast doing it!!

## Strength

**Chisel** - Class provides several different workout varieties to accomplish a total body workout by use of the Weight Bar, Dumbbells, and body weight. Combine strength with core conditioning.

**PiYo LIVE**- is a unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging, and will make you sweat. Its about energy, power, and rhythm. Think sculpted abdominals, increased overall strength, & greater stability. PiYo will ROCK your world!

**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.

**Pilo Slide**- An infusion of Pilates and Sliding. Slim down your thighs & lift the booty while you tone the arms & abs.

## Combo

**Cardio Shred** - A Jillian Michaels style workout that mixes weight training with cardio bursts. Sure to make you sweat!

**Low-Impact Body Sculpt**- A low-impact workout that focuses on Cardio, Strength, and Core. Utilizes interval training for maximum calorie burn while toning muscles and building core strength

## 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 Step**-We combine the awesome toning and strengthening power of step aerobics, with the fun fitness-party that only Zumba brings to the dance floor. Zumba Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.

**Zumba Toning**- The challenge of adding resistance by using Zumba toning sticks helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

**Zumba Mash-Up**- Zumba Mash-Up is an innovative way to learn to "bust a move" and to get back into shape. This class integrates traditional Zumba with other styles of dance such as hip hop, country line dancing and eastern Bhangra. Come join the fun and shake your way to a healthier YOU!

**Family Zumba**- Just like our regular Zumba class but toned down so everyone can follow. It's a dynamic, dance-based class set to the fusion of Latin and international music. Easy to follow, repetitive dance steps make this a fun workout! Ages 7 & Up, parents are welcome to join the fun but not required. Fun for the whole family!!

**Line Dancing**-Join the party! No registration required!! Lorraine will lead you through a sequence of steps that can range from Country, R&B, Smooth Jazz, to Hip Hop. Funk and more!! Try it and learn the newest Line Dances!!

**Happy Feet Dance Club** - Is located in a fun atmosphere and Free and Open to the Community for individuals with a disability ages 14+. Participants dance to a variety of music while providing a social opportunity for all. Registration with instructor required upon entering. A variety of classes are available to our youth ages 3-12. Session program and registration information is available at both desks just ask for the current Session Playbook.

# GET YOUR HEART PUMPING

## Glenwood Park Y STUDIO 1



Studio classes are suitable for ages 13  
and up unless otherwise noted.

