

CLASS DESCRIPTIONS

Les Mills BODYPUMP –

LEAN, STRONG, UNSTOPPABLE! This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Your choice of weights will inspire you to get the results you came from.

Les Mills BODYCOMBAT – This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. During this ultimate warrior workout you will strike, punch, kick and kata your way through calories to superior cardio fitness.

Les Mills CXWORX – this 30 minute workout really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Les Mills BODYSTEP – Basic stepping, just like walking up and down stairs, is at the heart of BodyStep – a full-body cardio workout to really tone your butt and thighs. Our instructors will coach you through the workout using hit music and a whole lot of fun and personality along the way. You can burn up to 620 calories and you will leave buzzing with satisfaction.

Les Mills Athletic BODYSTEP – you will combine basic stepping with moves like burpees, pushups and weight plate exercises to work the upper body. There are always lots of modifications to get you through the workout safely.

Y-CYCLE – Indoor Group Cycling Class. As intense of a workout as you make it to be. Join us and challenge yourself!

TAI-CHI – is a system of physical exercise using slow, smooth body movements to improve and maintain health. It is helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems.

TABATA – a High Intensity Interval Training (HIIT) workout that gets the whole body involved using intervals of high repetition and short recovery breaks.

BEGINNER'S YOGA – This system develops strength, stamina, and flexibility.

VINYASA YOGA – You move from one pose to the next on an inhale or an exhale. It's the smooth way that the poses run together and become like a dance.

BOOT CAMP – High energy drills combining strength and cardio exercises designed for all fitness levels.

SILVER SNEAKERS CLASSIC – Low Impact. Tailored toward seniors. A strength oriented class using bands, dumbbells and more to develop strong muscles and a toned body.

ARTHRITIS FOUNDATION AQUATIC PROGRAM – This 45 minute water class is held in the four foot section of the pool. Pool temperature is approximate 86 degrees. The program consists of warm-up, joint range of motion for flexibility and strength and cool down. It includes exercises that improve the members' overall function and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination.
*Facility is not handicap accessible.

GROUP FITNESS CLASSES
are able to be modified for ALL
FITNESS LEVELS! And All group
fitness classes are FREE to
members.

www.ymcaerie.org

Downtown Y Group Exercise Class Schedule



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

Summer HOURS:
Mon-Friday – 5a-9p
Saturday – 7a-8p
Sunday – CLOSED

Please check regularly for updated schedules as we are updating our class schedule monthly to fit the needs/requests of our members.

**For more information
Please contact:**

**Downtown YMCA
31 W 10th St.
Erie, PA 16501
(814) 452-3261**