



# **GREATER PEORIA FAMILY YMCA GROUP FITNESS**

## **2017 FALL CLASS DESCRIPTIONS**

**ACTIVE TOGETHER** – Active Together gives you all the training you need in just one hour!

Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. Perfect if you are new to exercise or haven't exercised in a long time; also ideal for those already fit who need to get it all – cardio, strength, balance, and flexibility. (60 min.)

**BODY FUSION** – Strengthen all your major muscle groups with this full body workout! Using lightweight dumbbells, toning exercises are alternated with short cardio bursts. You can choose to omit the dumbbells and use your own body weight instead! Fun, new, exciting exercises are available each week keeping your workout fresh, including variations of squats, lunges, bicep curls, and many more. All levels welcome! (60 min.)

**CORE FUSION** – Have 45 minutes? CORE FUSION will focus on building a strong core to help prevent back pain and make your abs not only look good, but stronger - to do the things you want to do in life! If you are short on time and need a great ab workout, this is it!

**CYCLE TOGETHER** – CYCLE TOGETHER is a huge calorie burner. It's a 60-minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains, and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training. (PASS AVAILABLE AT FRONT DESK 30 MIN. BEFORE CLASS)

**CYCLE 30 TOGETHER** – CYCLE 30 TOGETHER will get you moving and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness. (PASS AVAILABLE AT FRONT DESK 30 MIN. BEFORE CLASS)

**FIT, FIRM, FABULOUS** – Come early to get moving before class officially begins! Then at 5:30 am, begin class with a fabulous cardio workout plus stretching. Who says working out can't be fun? Please join us! (60 min.)

**FLOOR-CORE & MORE** – Rev up your morning with floor exercises using free weights and resistance bands. Weeks are alternated with an upper body workout one week and lower body the next. Improve and target the deep postural muscles within the body. (60 min.)

**GENTLE YOGA** – Gentle Yoga is a style of Yoga that is far less strenuous than other forms. This class is a series of stretches suitable for ALL from those who have never tried Yoga to those simply looking for a more relaxed workout. Yoga has a multitude of benefits that allow us to both extend and maintain our quality of life. The restorative practice allows us to calm our nervous system while reducing anxiety. Gentle stretching increases flexibility, range of motion, breath, balance, as well as stamina. (60 min.)

**R.I.P.P.E.D.®** – Resistance, Intervals, Power, Plyometrics, Endurance, and Diet...experience this total body "plateau proof fitness formula" workout utilizing resistance and cardio training. No boredom here, for ALL levels, R.I.P.P.E.D.® is effective, doable, and will absolutely challenge your level of fitness and endurance! (60 min.)

**SilverSneakers® Classic** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated or standing support. (60 min.)

**SilverSneakers® 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 SilverSneakers® ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. (60 min.)

**SilverSneakers® Yoga** – SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (45-60 min.)

**STEP, STRETCH & STRENGTHEN** – Start your day with interval training using a step to challenge your heart alternated with resistance training using weights and bands. Class ends with stretching. (60 min.)

**STRENGTH TRAIN TOGETHER** – STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best. (60 min.)

**STRETCH/FLEX & TONE** – A perfect lunch hour/noon time workout! Two muscle groups, one lower and one upper, are focused on at each class and worked to their fullest potential. A combination of weights, bands, balls, steps, and your own body resistance are used....sometimes we even use towels! Each class ends with a fabulous abdominal workout, stretching and relaxation. A unique class and a great compliment to your existing workout(s). (45 min.)

**TAI CHI** - Tai Chi is an ancient Chinese training system characterized by its slow meditative movements. It is known to have several important health benefits, including: improved balance, increased core and lower body strength, improved circulation and quality of sleep, and provides a method to help practitioners reduce/avoid stress. You will not only learn the Tai Chi form (sequence of movements), but we will also practice other integrated exercises designed to build energy and improve coordination and agility. (45 min.)

**TURBO KICK® LIVE** - TURBO KICK® LIVE combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken! NO BAGS, NO GLOVES, JUST RESULTS!(60 min.)

**YOGA** – Hatha Yoga combines posture, breathing, and focus to promote strength, flexibility, stamina, balance, and deep relaxation of the mind and body. Beginner and Intermediate level. **Arrive to class 7:15-7:45 am on Mondays and/or stay after class on Tuesday evenings for a half hour optional guided transformational meditation practice to work on self-healing, anti-aging, and stress reducing techniques.** (60/90 min.)

**ZUMBA®** – Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating! (60 min.)

**ZUMBA® GOLD** - The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults. (45 min.)

**Schedule effective 09/01/17**