



**YMCA OF METRO ATLANTA • GROUP EXERCISE CLASS DESCRIPTIONS • UPDATED 2-8-17**  
**♥ - COACH APPROACH Friendly Classes**

1. **3/2/1** - 3/2/1 is an interval style class that incorporates 3 minutes of cardio., 2 minutes of strength and 1 minute of core conditioning - REPEAT!
2. **20/20/20 ♥** - This 20/20/20 style class offers different types of cardio, strength and core and/or flexibility exercises. Fusing together different types of exercises creates intervals and variations that shock your body!
3. **30/30 ♥** - This class is broken down into equal parts strength training and cardiovascular. Various types of equipment are used. A great all-in-one class!
4. **Abs & Glutes ♥** - A thorough workout for your abdominal and gluteal muscles.
5. **Advanced Step Aerobics** - High intensity aerobics class performed while stepping up and down on a platform with advanced and challenging choreography.
6. **African Dance ♥** - Combines strength and resistance with African dance-inspired dance moves. Some classes and moves can be done from a chair. This workout tones muscles and strengthens the core.
7. **Aqua Zumba® ♥** - “For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.” Source: <http://www.Zumba.com>
8. **Ballet Fit ♥** - An aerobic workout that uses ballet movement to develop cardiovascular endurance, body conditioning and flexibility.
9. **Barre ♥** - This class may utilize the ballet barre to perform small isometric movements set to music. It is a total body workout that protects joints and incorporates stretching after each segment - promotes long and lean muscles.
10. **Barre Express ♥** - This express class utilizes the ballet barre to perform small isometric movements set to music. It is a total body workout that protects joints and incorporates stretching after each segment for long lean muscles. All levels are welcome.
11. **Barre Fusion ♥** - A fusion of Barre and other formats designed to increase your heart rate, reshape, and tone your entire body. Light to medium weights, gliders, body bars and bender balls may be incorporated to perform small isometric movements and explosive cardio moves. All levels are welcome.
12. **Barre Pilates** - A fusion of Mat Pilates and Ballet Barre designed to reshape, stretch and strengthen.
13. **Barre Tone** - The ultimate toning class using the barre and small isometric movements designed to lift and tone your entire body. Light dumbbells may also be used.
14. **Basic Training** - An interval style class that mixes free weights and body weight exercises with cardio and strength training. This challenging workout can be intense!
15. **Beginner Boot camp ♥** - What a great way to start your boot camp journey. Many level options in this cardio and strength training class sure to burn calories.
16. **Beginner Walking Group ♥** - This beginners walking class teaches the fundamentals of power walking. This is also an ideal class for the beginner exerciser.
17. **Belly Dancing ♥** - Belly dancing is a torso-driven dance, with an emphasis on the hips. A fun way to get a workout!
18. **Below the Belt ♥** - A lower body workout that targets and tones these muscle groups: abdominals, glutes, quadriceps, hamstrings and abductors and adductors. All levels are welcome.
19. **Bey YoChi ♥** - A gentle flexibility training class using mind-body techniques for relaxation and rejuvenation.
20. **BODYPUMP™** - Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout.

21. **Boot camp** - The intermediate/advanced class utilizes challenging segments of cardiovascular work, muscular conditioning and other athletic drills, may be done in a station format.
22. **BOSU** - A high intensity class utilizing the BOSU trainer for cardio as well as strength and core work. Additional equipment may be used. This is an intermediate to advanced class.
23. **Boxing Boot camp** -This interval workout incorporates punching and kicking with boxing bags and cardio and body conditioning drills. Wrist wraps required (not provided by the YMCA). The YMCA has some boxing gloves on a first-come-first-serve basis.
24. **C.I.R.C.U.I.T.** - Cardio-Infused Resistance, Core-based exercises Utilizing Interval Training. A high energy, low impact variety class in which you may use resistance bands, kettleballs, dumbbells and stability balls. There may also abdominal work to increase your core strength.
25. **Cardio Conditioning** - A fast-paced cardio workout with varied levels of intensity.
26. **Cardio Fitness for Varied Abilities** ♥ - This cardio, strength, flexibility and coordination class is for various abilities, those ranging from minor disabilities to beginner exerciser. The instructor will modify and slow down routines and encourage participants to work at their level. Ask your Wellness Director if you have questions about the level of the class.
27. **Cardio Groove & Funk** ♥ - A high energy mix of music and dance moves combined with high/low impact choreography. May include hip-hop, funk and any many other varieties.
28. **Cardio Kickboxing** - Punch and kick your way through this innovative workout utilizing moves to strength and tone your upper and lower body while getting a great cardiovascular workout.
29. **Cardio Line Dancing** ♥ - Perfect for the beginner or active older adult, this low-impact aerobic dance class will have you kicking' up your heels and two-stepping' your way to a healthier you.
30. **Cardio Strength Intervals** - Aerobic moves alternating with strength intervals. Move to lively beats while training your body for muscular and cardiovascular endurance.
31. **Chicago Stepping** - Step it up a notch with this Intermediate/Advanced class. Intermediate / Advanced classes teach enhanced lead and follow techniques along with combinations (flow of turns done back to back).
32. **Core** ♥ - A workout focusing on the core stabilizers - additional equipment, such as Bosu balls and dumb bells, may be used.
33. **Core Body** - A total body conditioning class using various pieces of strength equipment such as straps, Bosu balls and dumbbells.
34. **Core Express** ♥ - This 30 minute class is perfect for when you are short on time or need a warm-up or cool-down. All levels are welcome.
35. **Core Strength & Balance** ♥ - This class will increase your core strength while incorporating balance moves and stretches. It is the perfect way for all individuals to improve overall flexibility and core strength.
36. **Dance – Teens with Special Needs** - This dance class is programmed for teens with special needs. It is a fun and safe environment designed to teach participants fun dance routines. Please contact Karen Wise for any questions.
37. **Dance & Strengthen** ♥ - A cardio dance class that incorporates light weights for upper body strength work.
38. **Dance.Battle.Build** - A cutting edge format that incorporates modern dance moves with powerful boxing combinations followed by bodyweight strength training exercises. Lots of core and may finish with yoga, Pilates or stretching. This class is only offered at the Ed Isakson/Alpharetta Family YMCA.
39. **Family Boot Camp** - Family Boot Camp is a fun workout for everyone in the family to do together. Classes will change from week to week and various types of equipment will be used. Children must be rising first graders or older.

40. **Fierce Funk** - Combining the street style funk with a contemporary hip hop feel, this dance fitness class will fuel your FIERCE! This class uses the "add on" method to build a routine based on everyday movements (but with funky flavor)! Completely different from Zumba!
41. **Fifty & Fit** ♥ - This class alternates low impact cardio with strength training and targets those 50 years and older. This class can be done seated or standing.
42. **Fit-lates** ♥ - Pilates with a twist of cardio and strength training.
43. **Fitness Fusion** ♥ - A fun and functional blend of low impact aerobics and weight bearing exercises. Focused on increasing core strength and stability, along with overall balance and flexibility.
44. **Foam Roller & Stretch** ♥ - This is a static stretching class that will address tight restrictive, painful muscles throughout the body. This is an excellent addition to any workout plan.
45. **FXP Hula Hoop Fitness** ♥ - A no impact, H.I.I.T. workout inspired by pilates and ballet barre, all using the specially designed FXP Hula Hoop®. All ages and all stages welcome.
46. **Functional Fitness** ♥ - A class designed to focus on functional movement for daily activities, sports and living. The focus is on movement patterns for optimal flexibility, posture, body alignment, muscle tone and strength to facilitate proper movement patterns.
47. **Gentle Stretch** ♥ - This class incorporates gentle stretching and range of motion movements that will improve flexibility, posture and core strength.
48. **Group Cycle** ♥ - A variable intensity class done on stationary bikes. This exciting class utilize motivating music paired with varied resistance and cadence drills. This class is suitable for all fitness levels - please arrive early if it is your first time.
49. **Group Cycle – Endurance** - Classes are designed around power, heart rate and emphasize training not just fitness. Profiles are periodized for progression with a goal of increasing VO2 Max. Heart rate monitors are highly recommended. Endurance: Emphasis is on heart rate and continuous effort. Focus on form, cadence, control and pedal stroke.
50. **Group Cycle – Express** ♥ - A variable intensity class done on stationary bikes. This exciting class utilize motivating music paired with varied resistance and cadence drills. This class is suitable for all fitness levels and is 45 minutes or less. Please arrive early if it is your first time.
51. **Group Cycle – Intervals** - Classes are designed around power, heart rate and emphasize training not just fitness. Profiles are periodized for progression with a goal of increasing VO2 Max. Heart rate monitors are highly recommended. Intervals: Big swings in heart rate and power with varying recovery periods and depths.
52. **Group Cycle – Strength** - Classes are designed around power, heart rate and emphasize training not just fitness. Profiles are periodized for progression with a goal of increasing VO2 Max. Heart rate monitors are highly recommended. Strength: Emphasis is on keeping heart rate at functional power threshold.
53. **Group Cycle – Tabata** - This group cycling class promises a complete workout while staying true to strength, work and the ride. Tabata training is 20 seconds of maximum work followed by 10 seconds of rest. Due to the intensity of this class, it is not recommended for beginners. It is also important to arrive on time for a proper warm-up.
54. **Group Cycle & Abs** - ♥ - A variable intensity class done on stationary bikes. The majority of this class is done on the bike a portion focuses on abdominals.
55. **Group Cycle & Stretch** - ♥ - A variable intensity class done on stationary bikes for the first part of class. This exciting class utilizes motivating music paired with varied resistance and cadence drills. The last portion of class will be used to stretch muscles used during cycling.
56. **Group Cycle & Strength** - This is a combination class of group cycle and strength training - everything in one workout!

57. **H.E.A.T.** - High Energy Athletic Training is a high intensity cardio workout. This class combines both aerobic and anaerobic activity thru the use of drills and props to improve speed and agility.
58. **H.I.I.T.** - High Intensity Interval Training. Be more efficient in less time. Short bursts of intense exercise followed by short recovery breaks. Strength training, plyometrics, body weight exercises, sprints and other training techniques may be included.
59. **Indoor Walking Circuit** ♥ - This is a walking class utilizing our indoor track with various circuits incorporated to exercise strength, balance and coordination.
60. **Interval** - A high and low intensity class utilizing a combination of cardio, strength and conditioning moves. Formats may vary.
61. **Intro Chicago Style Stepping** ♥ - Beginner classes teach the basic "8 count" step along with 5 turns and introduces basic lead and follow techniques (Lead = guys, follow = ladies).
62. **Intro to Step** ♥ - Moderate to high intensity aerobics class performed while stepping up and down on a platform. Basic steps and simple choreography are used.
63. **Intro to Strength Training** ♥ - This class is for beginner exercisers and those new to the format. Extra attention is paid to form with added modifications. May incorporate stretching and flexibility.
64. **Just 4 You** ♥ - A beginner aerobics class geared towards those 55+. This is a low intensity workout.
65. **Kettleballs** - Kettlebell workouts engage the entire body, activating dozens of muscles and involves large numbers of repetitions. While this is a basic class, it is not an introductory level class. The movements used in kettlebell exercises can be dangerous to those who have back or shoulder problems, or a weak core. You must have trunk and shoulder stability and a very strong core.
66. **Kids Fitness Club** - Join Kids Fitness Club for an after school workout. Each week the kids will learn about health and fitness while setting their own fitness goals. Class will be a mix of different exercise routines using equipment and some fitness games along the way. Please check with your branch for age guidelines.
67. **Kids H.I.I.T. & Strength** - A high energy class that will include cardio workouts that are fun, safe and effective for youth followed by strength and core training. Please check with your branch age guidelines.
68. **Kids Rock** - Kids love to crank up the music and shake, wiggle and have a blast with their friends. Packed with specially choreographed routines and the latest music, such as hip-hop, reggaeton and cumbia. Dance Kids classes increase focus and self-confidence, boost metabolism and improve coordination. Please check with your branch for age guidelines.
69. **Kids Yoga** - This class is designed to promote physical activity while having fun and learning basic yoga poses. Please check with your branch for age guidelines.
70. **Knuckle Up** - A high-intensity boxing workout performed to music and done with a free standing bag.
71. **L.I.F.E.** ♥ - Low Impact & Flexibility for Everyone (L.I.F.E.) - get warmed up and then stretch it out. Exercises you can do no matter what stage of LIFE!
72. **Lil' Vibe™** - Lil' Vibe™ is built on a three tiered approach of blending studio style dance, fun fitness movement, and health and wellness created especially for children ages 6-11 years old. It provides an outlet for deeper gross and fine motor movement patterns through games and fitness drills, teaches rhythm, as well as creates a forum for kids to learn about healthy living and community. The participants work toward a final performance at the end of the each eight week session.
73. **Line Dancing** ♥ - A dance class that teaches a repeated sequence of steps to music and where a group of people dance in lines! No dance experience is welcomed.
74. **Little Maestros** - Little Maestros is a parent/child class designed to improve awareness, foster self-confidence, strengthen family relationships, develop motor skills and muscle tone thru games and improvisations. Please check with your branch for age guidelines.

75. **Master Swim** - Each class has a different workout plan focusing on drills, speed work, and endurance. Workouts can be modified to various swimming abilities and speeds.
76. **Max Circuit** - This circuit training class focuses on body conditioning and muscular endurance. The fast pace will keep your heart rate up and your body challenged.
77. **Meditation & Relaxation** - Meditation, take a break from the busyness of your life. Sit, restore, and refill the well of your being. Through conversations, gentle guidance, a safe supportive community and allowing grace to our stressors, we can come back to a sense of well-being. This class consists of short 5, 10, 15 minute meditations and reflections.
78. **Parent & Me** - This parent/child class is designed for new parents and their babies. Enjoy full-body workouts and social interaction with other parents while incorporating babies. Participants need a front carrier and a baby blanket. Please check with your branch for age guidelines.
79. **Parent & Me Too** - A fun class for parents and children. Benefits include social interaction with other children while learning the benefits of being active. Activities may include obstacle courses, animal races, stretching and access to gymnastics equipment, depending on the branch. Parent must stay with child during class. Please check with your branch for age guidelines.
80. **Parkinson's Adapted Tango** ♥ - For ambulatory older adults and individuals with Parkinson's disease; Participants can choose intensity level and take breaks when needed. No partner is necessary but friends, caregivers and spouses are very welcome and encouraged to attend.
81. **Parkinson's Group Cycling** - Parkinson's Cycling is a group indoor cycling class designed especially for people with Parkinson's Disease. Parkinson's Cycling has shown to manage symptoms associated with people with PD. ♥ - Coach Approach Friendly Class.
82. **Parkinson's Movement** ♥ - For individuals at all stages of Parkinson's disease; movements may be done in a chair as well as standing at an intensity level that is self-selected by each participant.
83. **PE 101** - A cool class designed to increase cardiovascular endurance within a fun and non-competitive environment. May include yoga, cardiovascular and strength components. Please check with your branch for age guidelines.
84. **Pilates** ♥ - Core strengthening and toning class that uses body weight exercises based on the Pilates method for increased range of motion. Class may also incorporate deep stretching exercises.
85. **Pilates – Power** - Core strengthening with an increased emphasis on abdominal toning geared for the advanced participant.
86. **Pilates Sculpt** ♥ - Pilates Sculpt utilizes free weights and the magic circle to provide a total body workout. Pilates fundamentals and mat work emphasize control, form, alignment and breathing. Participants may be in standing and lying positions.
87. **Pilates 101** ♥ - Core strengthening and toning class that uses body weight exercises based on the Pilates method. This class is tailored for the beginner student.
88. **Pilates Express** ♥ - A mild to moderate core and balance workout that may include strengthening, toning and stretching. Low stress on the body and mind. All levels are welcome.
89. **POUND** ♥ - POUND is a full-body cardio jam session combining light resistance with constant simulated drumming. The workout fuses elements of cardio, Pilates, strength, plyometrics, & isometric poses.
90. **Power Strength** - Challenge your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises. Strengthen to move like we do in everyday life. Utilizes equipment such as dumbbells, medicine balls, discs, and resistance tubing.
91. **Qi Gong** ♥ - Qigong is the practice of aligning body, breath, and mind for health, meditation, and martial arts training.

92. **R.I.P.P.E.D.** - This total body, high intensity workout utilizes free weights, resistance and body weight exercises, masterfully combines the components of R.I.P.P.E.D. - Resistance, Intervals, Power, Plyometrics and Endurance.
93. **Rowed Rage** - A high-intensity team-based circuit training class. This is a fat-burning workout with circuits that comprise stations for rowing, core, arms and legs. The rowing sequence is a total-body effort, employing 80% of the body's muscle mass. It's all the rage!
94. **Running - 10K Run** - Join this outdoor running group for a motivating and energetic workout. This class is designed to improve cardiovascular endurance and stamina.
95. **Running - Drills & Speed Work** - This class is designed to help participants increase speed and/or endurance with a combination of sprints, tempo runs and form training.
96. **Running - Interval Run** - Take your running to the next level by joining in this class to work on improving your running speed, endurance and distance.
97. **Running - Mid-Distance** - Build upon your base, pace and/or distance with 5-10K challenges.
98. **Running - Walk to Run 5K** ♥ - If you have ever wanted to begin running, this is the class for you! We'll start out by walking with a little running mixed in. Gradually, distance and a bit more running is added. This class may end with core work and/or stretching.
99. **Strength Express** - A 30 minute strength class using weights and resistance training exercises. All levels are welcome.
100. **Senior Dance & Stretch** ♥ - Dance and move with the techniques of yoga, martial arts, and dance. This class can be modified for any fitness level and can be done from a chair.
101. **Senior Strength** ♥ - A gentle strengthening and balance class, specifically for seniors. All exercises are either performed seated or supported by a chair. May use dumbbells, bands and other equipment.
102. **Senior Strength & Balance** ♥ - This class will focus on core strength while incorporating balance moves and stretches. It is the perfect way for all seniors to improve overall flexibility and core strength while increasing their balance and stability.
103. **Senior Stretch & Tone** ♥ - Basic stretching and toning exercises that can be done seated or standing.
104. **Senior Walk & Tone** ♥ - Members meet and greet in the lobby followed by a walk. Some locations may walk outside. The class may end with light strengthening and stretching exercises.
105. **Sets & Reps.** - This class utilizes the body bar to sculpt and strengthen all muscle groups. The focus is on low weight loads and high repetitions.
106. **Special Needs Group Training** ♥ - This class is programmed for teens with special needs. It is a fun and safe environment designed to teach participants how to exercise. Please check with your branch for age guidelines.
107. **Step & Abs** - Challenging step combinations provide a fun, high energy workout. This class is an excellent fat burner that includes lower body conditioning. Abdominals work follows the cardio segment.
108. **Step & Tone** - This high energy interval training class alternates intermediate/advanced step choreography with intense muscle conditioning.
109. **Step Aerobics** - High intensity aerobics class performed while stepping up and down on a platform with choreography.
110. **Strength Walking** ♥ - Step it up a notch by including some strength training and brisk movement. Class setting is indoors and/or outdoors. Please dress appropriately.
111. **Strengthen & Tone** ♥ - Develops muscular strength, tone and endurance using a combination of body weight exercises and equipment.
112. **STRONG by Zumba™** - Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn.

113. **Sweatin' with Strollers** ♥ – This stroller fitness class is for moms of all fitness levels: pregnant moms, new moms, and moms with one or more stroller-aged children. The interval-based class incorporates cardio, strength, and core for a total body workout. Please check with your medical provider before participating.
114. **Tabata Boot camp** - This class is similar to regular Boot camp classes but with the addition of Tabata. Tabata training is a High-Intensity Interval Training (H.I.I.T) workout that lasts four minutes. Various equipment may be used. Come ready to work!
115. **Tabata Express** - Need a quick workout with powerful results? Tabata Express offers the same approach of HIIT (High intensity interval training as Tabata Boot camp).
116. **Tai Chi Arthritis Foundation** ♥ - The Arthritis Foundation Tai Chi program is a recreational exercise program designed to provide people of all ages and abilities with a "join friendly" exercise alternative. The program uses Sun-style tai chi, one of the discipline's five major recognized styles. This style is particularly supportive of joint health because it includes agile steps, high stances, gentle movements and relaxed breathing.
117. **Tai Chi for Health** ♥ - Sun Style Tai Chi is a great class for all ages and abilities. This class is especially effective for healing and relaxation.
118. **Tai Chi Qi Gong** ♥ - Tai Chi Qi Gong is an ancient practice of realigning the body back to its original fully natural healthy potential. Through conversations, meditation, supple energy movements and breathing, this class is especially effective for healing and relaxation. All abilities are welcome to attend.
119. **Teen Boot camp** - A fun and challenging class for teens - come get your sweat on!
120. **Teen POUND** - This class, especially designed for teens, is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, isometric movements, plyometrics and isometric poses.
121. **Turbo Kick**® - "With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it!" Source: <http://turbokickevents.com/turbo-kick.html>
122. **Upper Cuts** ♥ - An upper body workout that sculpts the shoulders, triceps, biceps, upper back and chest using dumbbells and a weighted bar. All levels are welcome.
123. **Water Aerobics** ♥ - A high energy and non-impact water workout in both the deep and shallow waters. Flotation belts may be worn.
124. **Water Aerobics – Deep** - A high energy workout in the deep end of the pool, using floatation belts to create a non-impact workout.
125. **Water Aerobics – Shallow** ♥ - A high energy aerobic and full body workout held in the shallow end of the pool using various equipment.
126. **Water Arthritis** ♥ - Aquatic exercises can help to decrease pain and improve function for those with arthritis. This water class will help to build joint and muscular strength for those with arthritis. All ages are welcome.
127. **Water Baby** - Fitness and fun for mom and baby! Ease back into fitness and introduce your baby to the water. Your instructor will lead you thru cardio and muscular endurance exercises while incorporating your baby with song and movement. Please be sure baby has a swim diaper on. Please check with your branch for age guidelines.
128. **Water Balance, Stability & Stretch** ♥ - This class is for participants who seek to improve or enhance flexibility, strength, range of motion, balance and endurance. Ideal for those suffering from arthritis.
129. **Water Barre** ♥ - water BARRE is a ballet inspired class that utilizes a noodle to tone, stretch, and strengthen the body as well as improve posture and balance. Isometric movements and full range of motion exercises will lengthen and strengthen the entire body and provide an intense core workout.

130. **Water Boot camp** - This class format utilizes both deep (wearing a floatation belt) and shallow waters to achieve the best results. This class utilizes both aerobic and anaerobic conditioning.
131. **Water Challenge** - This class utilizes both the shallow and deep ends of the pool for a challenging workout utilizing noodles and barbells.
132. **Water Fibro Fit** ♥ - A moderate aerobic program designed for persons with fibromyalgia as well as those who want an interval workout. This class may help improve stamina and muscle strength in addition to relieving pain and stiffness.
133. **Water H.I.I.T.** - An ultra-high-intensity aquatic group exercise class combining the benefits of water resistance with interval based cardio, strength and conditioning programs. Benefits include improved cardiovascular health, muscular strength, range of motion and agility.
134. **Water Kickboxing** - A high energy class combining the benefits of water resistance with cardio kickboxing. This class incorporates basic self-defense motions with water resistance, facilitating improvement in agility, strength, endurance, range of motion and balance.
135. **Water Pilates** ♥ - Pilates moves are modified to effectively use the properties of the water to strengthen the core, elongate and strengthen muscles and improve posture and balance. Comfort level is deep water is a must.
136. **Y Fit** - A high intensity strength and conditioning class that can be taken by a beginner or someone looking for a challenge. This class uses functional training to achieve overall physical fitness.
137. **YiM!** - Youth in Motion! is a fun, boot camp-style group exercise class ideal for youth ages 5-12 yrs. and of all types and abilities - at the same time! It emphasizes that exercise should be play and play can be exercise. Participants and [instructor] are moving constantly from one activity to the next, going through a cycle of healthy warm-up, cardio, strength, and flexibility activities, culminating in the HUGE and AWESOME Obstacle Course ending each session.
138. **Yin Yoga/Stretch** ♥ - Yin Yoga is a calm, passive yoga that allows us to work the deeper tissues of our ligaments and joints by holding postures for longer amounts of time. It is a challenging practice that balances the dynamic "yang" exercises we do daily.
139. **Yoga – Family** ♥ - A FUN yoga class designed for families with children over 5 years of age. Parents must accompany children 5-8 years old. Youth 9-12 can be dropped off with parent's signature at the door. The emphasis will be on interactive poses for kids and adults to do together including age appropriate yoga poses, breathing, movement games and relaxation.
140. **Yoga – Fitness** - This fast paced class combines moves such as tricep push-ups and planks with traditional yoga poses, all linked together in a flowing format.
141. **Yoga – Gentle** ♥ - Gentle yoga is a form of yoga that integrates posture, breathing, relaxation and meditation to harmonize mind, body and spirit. Appropriate for all abilities.
142. **Yoga – Hatha** ♥ - This classes focuses primarily on the practice of physical postures/poses (asanas) and breathing exercises/techniques (pranayamas) and is suitable for all levels of flexibility.
143. **Yoga – Heated** - Heated yoga is an intermediate to advanced level yoga class taught in a heated studio to improve balance, flexibility and strength.
144. **Yoga – Iyengar** ♥ – A form of Hatha yoga that has an emphasis on detail, precision and alignment in the performance of posture and breath control. Over 200 poses in Asana. Class may use props, belts, and/or blocks minimizing the risks of injury or strain.
145. **Yoga – Power** - An Ashtanga style workout designed to increase your flexibility as well as your strength and power. Traditional yoga poses taken up a notch. Previous yoga experience is advised.
146. **Yoga - Pre-Postnatal** ♥ - This is a class designed for pre and postnatal women as a way to firm the body, build strength, gain flexibility, restore energy and help reconnect with oneself.
147. **Yoga – Teen Special Needs** - This yoga class is programmed for teens with specials needs. It is a fun and safe environment designed to teach participants proper yoga form.

148. **Yoga - Restorative** ♥ - Restorative yoga is a flowing dynamic style of yoga synchronizing movements with the breath. Yoga is a collection of practices aimed at integrating mind, body and spirit.
149. **Yoga – Vinyasa** - Vinyasa yoga focuses on using the breath as a guide to flow from one posture to the next resulting in a cardiovascular, strength and flexibility workout.
150. **Yoga 101** ♥ - This introductory class will provide the beginner exerciser with the foundational yoga poses and breathing techniques.
151. **Yoga - Christian Prospective** ♥ - Flowing sequences of basic yoga postures with reflection on encouraging and inspiring verses, quotes or poems all fitness levels welcome.
152. **Yoga Pilates Fusion** ♥ - A fusion of yoga and Pilates moves designed to strengthen all muscle groups with extra focus on the core.
153. **Yoga Tai Chi Fusion** ♥ - Union of supportive conversations, meditation, yoga stretches and Tai Chi Qi-gong for health, vitality, well-being, relaxation and healing. Come reconnect to your life force.
154. **Youth Aqua Dance** ♥ - This class is a mix of hip hop, funk and many other varieties of dance done in the water. Youth ages 9-12, accompanied by a parent, and those over 12, without a parent, are invited to attend. Come make a splash in the water and get fit while having fun!!
155. **Youth Garden Club** - This is a fun filled class designed to engage our youth ages 5-12 to educate and participate in gardening to improve nutrition and wellbeing.
156. **Youth Speed & Agility** - An intermediate to advanced skill building workout for athletic based sports with a goal of building and/or improving speed and agility. Please check with your branch for age guidelines.
157. **Zumba In The Circuit™** ♥ - “The high-octane, Latin-inspired dance rhythms of Zumba® combine with the benefits of metabolism-boosting strength training for one complete workout.” Source: <http://www.Zumba.com>
158. **Zumba Sentao®** ♥ - “Zumba Sentao® combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.” Source: <http://www.Zumba.com>
159. **Zumba®** ♥ - “A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.” Source: <http://www.Zumba.com>
160. **Zumba® Gold** ♥ - “Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.” Source: <http://www.Zumba.com>
161. **Zumba® Gold-Toning** ♥ - “Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles!” Source: <http://www.Zumba.com>
162. **Zumba® Kids** - “Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.” Source: <http://www.Zumba.com>
163. **Zumba® Kids Jr.** - “Zumba® Kids, Jr. classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.” Source: <http://www.Zumba.com>
164. **Zumba® Step** - “Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.” Source: <http://www.Zumba.com>
165. **Zumba® Toning** ♥ - “Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.” Source: <http://www.Zumba.com>

