



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Class Descriptions Spears Family YMCA

15/15/15 - 15 minutes each of 3 different formats. Get a cardio & strength workout that's constantly moving. (Combo)

20/20/20 - 20 minutes each of 3 different formats. Get a cardio & strength workout that's constantly moving. (Combo)

Abs - Much more than crunches! This 25 minute abdominal workout will tone you like no other. (Strength)

Active Adult Fitness - This class is designed specifically for Active Older Adults as well as SilverSneakers® members. It consists of a variety of cardiovascular movements, strength training exercises & flexibility training – all done with low or no impact. Great for beginners too! (Combo)

Aqua Zumba® - Take the fitness party to the pool with Aqua Zumba. All the fun of Zumba with the added benefit of water resistance (Combo)

BC - Boot Camp - An interval/drill workout incorporating high intensity bouts of exercise with strength training & periods of active rest. (Combo)

Cardio Dance - Get your heart pumping and watch the sweat fly in this total cardio workout using dance moves to popular music. (Cardio)

CSI - Cardio Stability Interval - Use Stability Balls or BOSU balls for core training and mix it up with cardio intervals w/o balls. (Combo)

C+ - Cardio Plus - This class gets it all – cardiovascular training AND strength training combined for a complete workout. (Combo)

CC - Cardio Circuit - Stations of cardio and strength arranged to maximize your class time & get a big return on your workout investment. (Combo)

CI - Cardio Interval - Bursts of cardio alternating with strength work for a workout that does it all. (Combo)

Core - Improve your performance in all activities by strengthening the core muscles - primarily abs and back. (Strength)

Cycle - A high-energy workout using the LeMond cycle. No helmet required but a towel & water bottle are highly recommended! (Cycle)

Drums Alive - Enjoy this rhythmic class that challenges you both dynamically and cardiovascularly. Let the sweat fly as you turn an ordinary stability ball into a drumming platform sensation. Combined with strength intervals using weights or gliders. (Combo)

Extreme Core - Challenging moves to strengthen your core using some props and body weight. (Strength)

ET - Extreme Tone - A class designed for increased strength & toning using all of the strength props – balls, bands, and/or weights. A full-body workout! (Strength)

HC - Horizontal Conditioning - A unique and challenging way of toning your body using mainly body weight and a few props with amazing results. (Strength)

KB - Kickboxing - This class is a hard-core total body conditioning class that uses punches, kicks & other kickboxing moves. (Cardio)

MatWorks - A combination of Pilates & Yoga based moves & poses. Learn how your body can move, work & balance. (Mind/Body)

Power + - Boost your strength training to new levels with this class that challenges all abilities. (Strength)

Power Yoga - An intense yoga for intermediate to advanced participants that helps move your practice to a more intense level. (Mind/Body)

Pp - Pump - Strength training using a 5 lb. bar, plates & dumbbells – designed to increase muscular endurance. This class is for those who want to strength train without using traditional "sets" & "reps" (Strength)

SI - Step Interval - Similar to Cardio Interval but uses simple choreography on the Step for the cardio intervals. (Combo)

Step - Cardio workout using the step platform with choreographed moves. (Cardio)

Step & Sculpt - Cardio and strength all in one class using choreographed step routines and resistance tools. (Combo)

SilverSneakers® Cardio 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 non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. (Combo)

SilverSneakers® Muscular Strength & Range of Movement (MS-ROM) - Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing with handles, & a ball are offered for resistance, & a chair is used for seated and/or standing support. (Strength)

SilverSneakers® YogaStretch - YogaStretch will move your whole body thru a complete series of seated & standing yoga poses. Chair support is offered to safely perform postures which increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation promote stress reduction & mental clarity. (Mind/Body)

Stretch & Tone - Strength moves combined with stretching to maximize range of motion and improve form in resistance training. (Strength)

Yoga - A mind-body class that uses postures & poses linked with deep breathing techniques to enhance strength, flexibility & balance.

Classes labeled "Yoga" are taught to a mixed level of participants – modifications are provided for other levels. (Mind/Body)

Yoga 1 - A beginner level class for participants new to yoga. Mats are available or you may bring your own. We will stand, sit on the floor & lay down so wear comfortable clothes & bring a towel. Transitions from seated to standing poses are minimal. (Mind/Body)

Advanced Yoga - An advanced level yoga class for the experienced participant. Inversions and advanced poses are introduced and practiced. Participation is subject to instructor's approval. Please see an instructor if you are unsure whether or not you are ready for this class. (Mind/Body)

Zumba® - A FUN way to join Latin dance with exercise...Ditch the Workout, Join the Party!!! No dance experience necessary. All levels and ages welcome. (Cardio)

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

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