



**SPRINGFIELD FAMILY YMCA
GROUP FITNESS STUDIO CLASS DESCRIPTIONS – SPRING, 2018**

1. **JUMP START** – BEGIN THE DAY WITH A BOOT CAMP OR CYCLE CLASS TO GET YOUR ENERGY GOING.
2. **POWER UP** – A 45-MINUTE STRENGTH TRAINING CLASS USING TUBES, BANDS AND DUMBBELLS.
3. **FITNESS CHALLENGE** – THIS CLASS USES A MIXTURE OF STEP, HI/LO AEROBICS AND STRENGTH TRAINING FOR ALL YOUR FITNESS NEEDS.
4. **ZUMBA** – A DYNAMIC COMBO OF SALSA, HIP HOP AND CALYPSO STEPS SET TO SPICY LATIN MUSIC.
5. **KETTLEBELLS** – USING MOMENTUM AND THE STRENGTH OF MULTIPLE MUSCLE GROUPS, BURN UP TO 400 CALORIES IN A 45 MINUTE WORKOUT.
6. **MOVING WITH MOTIVE** – LOW IMPACT AEROBICS, STRENGTH TRAINING AND CORE WORK FOR ACTIVE, OLDER ADULTS.
7. **YOGA** – A BALANCED COMBINATION OF YOGA POSES USING THE BREATH WITH A FOCUS ON THE SPINE AND ON RELAXATION TECHNIQUES.
8. **GENTLE YOGA** – AN INTRODUCTION CLASS TO YOGA USING PROPS ALLOWING FOR A SLOW AND RELAXING PRACTICE.
9. **DRUMS ALIVE** – HIGH ENERGY CLASS USING STABILITY BALLS AND DRUM STICKS. IN THIS CLASS, ALL LEVELS OF FITNESS ARE WELCOME.
10. **BODY SHOP** – LUNCHTIME FULL BODY WORKOUT FOR AN ENERGY BOOST.
11. **FUSION** – A TONING CLASS USING DUMBBELLS, TUBES, BANDS AND STABILITY BALLS TO STRENGTHEN THE ENTIRE BODY.
12. **CYCLE 30** – A 30 MINUTE FAST PACED LUNCHTIME, CALORIE BURNER CLASS USING INDOOR BIKES.
13. **CYCLE CIRCUIT** – STATIONARY BIKE INTERVALS OF HIGH AND LOW INTENSITY. THIS IS A GREAT CLASS FOR ALL LEVELS OF FITNESS.
14. **ZUMBA GOLD** – EASY TO FOLLOW MOVES FOR BEGINNING ZUMBA PARTICIPANTS AND ACTIVE, OLDER ADULTS.
15. **SILVER SNEAKERS** – HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOTION AND ACTIVITY FOR DAILY LIVING SKILLS.
16. **RETRO-AEROBICS** – “OLD SCHOOL” AEROBIC DANCE MOVES WITH GREAT MUSIC FROM THE 50’s – 80’s.
17. **RETRO-FITNESS** – SAME GREAT MUSIC WITH AN EXTRA EMPHASIS ON MUSCLE TONING USING LIGHT WEIGHTS.
18. **SUPER SATURDAY** – 40 MINUTES OF STRENGTH-TRAINING FOLLOWED BY 40 MINUTES OF ZUMBA EQUALS A GREAT RESISTANCE/CARDIO WORKOUT.
19. **CROSS TRAIN plus** – THIS CLASS UTILIZES EVERYTHING FROM WEIGHTS TO MATS AND BALLS TO BIKES TO VARY YOUR WORKOUT EACH FRIDAY.
20. **“HAPPY HOUR” CYCLE** - WORK OUT BEFORE YOU GO OUT! FRIDAY NITE CLASS GETS YOU READY FOR THE START OF YOUR WEEKEND.
21. **RIDE & SHINE** – A CYCLE CLASS THAT WILL MAKE YOU FEEL AS IF YOU ARE OUTDOORS WITH SPRINTS, HILL CLIMBS AND GROUP CHALLENGES.
22. **LINE DANCING** – LEARN THE SIMPLE DANCE COMBOS AND LISTEN TO GREAT COUNTRY MUSIC. NO PARTNER NECESSARY TO JOIN THE FUN!