



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Oak Park YMCA Group Fitness Descriptions September 2024

ADULT DANCE: DANCE FOR THE REST OF YOUR LIFE: Class will introduce you two dances, Basic Swing or East Coast Swing and Night Club Two-Step. Each dance has very simple footwork that never changes. Once learned, you'll be able to dance at any party, any club, any wedding or even in your living room.

AGING ATHLETES: Start from the basics and learn proper form and techniques for aging with strength and confidence. Meets in the weight room!

CARDIO STRENGTH: Get a total body workout that focuses on strengthening the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps and balls.

CARDIO DRUMMING: Sweat your way through a high energy, full body aerobic workout that gets the heart pumping and body moving. Incorporating energizing music, drumming and rhythm to increase your fitness with an ever-changing routine.

CARDIO PEAK: This is a cardio-based class that will take participants to their peak (max HR). The class will work to different percentages of Max Heart Rate incorporating the step and floor work. There will be a strength component worked into class as well. This class is a great choice for anyone looking to improve their cardio capacity!

CHAIR YOGA: Chair Yoga is a great way to get into yoga postures without the obstacle of getting up and down from the mat. Each class focuses on balance, strength and flexibility and ends with breath work.

CROSSBODY: This class utilizes TRX, BOSU, kettlebells and more for a full-body strength and cardiovascular workout.

CYCLING: Various cycling drills designed for all fitness levels.

EnhanceFitness: Improve your strength, balance, flexibility, and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC.

EXPRESS SPIN: All the fun of cycling, in a 30 minute class! Get a great cardiovascular workout in a condensed time frame!

KETTLEBELL: This dynamic class combines strength training, cardiovascular conditioning, and functional movements using kettlebells of varying weights. Whether you're a beginner or a seasoned athlete, this class offers scalable exercises to challenge and inspire you. Get ready to swing, squat, press and lunge your way to a stronger, fitter and more resilient you!

POWER CORE INTERVAL: Core based AB Lab with functional focus on body restoration. Class includes intervals of low-impact cardio along with some flexibility components. This total body workout is designed to enhance a variety of fitness levels.

SATURDAY ROTATIONS: This class will rotate instructors and formats weekly for exposure to many of the great classes our association has to offer!

SILVER SNEAKERS: This class can help you maintain an independent lifestyle and is appropriate for individuals who are fit and active as well as those who are sedentary, intimidated or unfamiliar with exercise. This positive social environment will improve strength, flexibility, cardiovascular fitness, and your quality of life.

SPIN FUSION: Alternate between intervals of spinning on the bike and full body strength moves off the bike for a well rounded workout.

SPRINT 8 (8 week course): This 8 week course will condition both the aerobic and anaerobic processes of the heart muscle and strengthen all three muscle fiber types in a time efficient manner! All levels are welcome, must commit to all 8 weeks 3x a week for optimal results. Pay \$1 per class to enjoy long lasting health benefits, register at the welcome center!

STEP STRENGTH: Not your mother's step aerobics! This class uses the steps and risers for cardio and strength challenges, incorporating weights and other equipment.

BALANCED STRETCH & STRETCH: Stability is designed to improve mobility, agility, balance and power. This will be achieved through flexibility exercises, gait training, and progressive movement variations. All exercises are done standing or sitting.

STRENGTH FOR ALL: Strength for All will blast all your muscles with a high rep weight training workout. Using adjustable barbell, weight plates and bodyweight this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating atmosphere will get your heart rate up, make you sweat and push you to a personal best.

STRONGER LONGER: Yoga stretching, Pilates movements, resistance training and aerobic conditioning will help keep you healthy and active regardless of your age and body condition. All ages are welcome, however, many are over 50. Start young and stay healthy and stronger longer.

TABATA W/ STRENGTH & CORE: A full-body workout, incorporating tabata timing (20 seconds on, 10 seconds off, 8x). The goal is to move at your own pace, this class will challenge you!

TAI-CHI: Derived from a style of shadowboxing, tai chi is a gentle exercise program that instills many health benefits such as lower blood pressure, high stability and flexibility, improved circulation and reduced pain.

TOTAL BODY MOBILITY: Don't neglect your mobility! This class is split into sections of dynamic movements and static stretching to improve full body mobility.

YOGA: Yoga develops strength, flexibility and relaxation by adapting the body to postures which fit individual needs.

YOGALATES: In this class, we combine Pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach.

YOGA BLEND: All levels class modeled after a bell curve with stretching, breathing and intention setting to begin the class. Moving towards standing flows and/or a pivotal peak posture. Ending on the floor with backbends, hip openers, forward folds or twists. Cues and props given to enhance safety and alignment will be offered. Hands on adjustments offered per the participant's consent.

ZUMBA: This class combines energy and motivating music with unique moves and combinations. It is a fusion of Latin and International music with dance themes that create a dynamic, exciting and effective fitness system! Experience an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, and energizing movements meant to engage the entire body