



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Parkwood YMCA Group Fitness Descriptions September 2024

4-QUARTERS: In this class you will work in 15 minutes segments: Cardio, upper body strength, core strength and stretch.

20/20/20: This class consists of 20 minutes of cardio (traditional and dance aerobics), 20 minutes of strength (major upper and lower muscle groups), and 20 minutes of full body extensive stretching.

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. *\*This class is moderate to high intensity level\**

CORE & STRENGTH: Move beyond crunches for core training that will sculpt and strengthen every muscle from your glutes to your traps. If you're looking to torch fat and chisel your abs, this class is for you.

CYCLING: Various cycling drills designed for all fitness levels.

CYCLE & STRENGTH: Spend the first 30 minutes on the bikes for a fun, heart pounding ride. Finish up with 45 minutes of weights for a well rounded workout!

KICKBOX/BUTTS & GUTS: The first half of class will be fast paced kicks, punches and combinations. No gloves, no contact. The second half will focus on working the abs and glutes.

KICKBOXING: Play the part of a kick boxer! Learn the 5 elements of mind and body in martial arts. Ranges from a continuous workout to interval training with music. Target muscle groups and learn the basics of self defense!

MIX-IT-UP: In this class the instructor will mix things up with teaching 20/20/20 and 4- Quarters.

PILATES: Based on the systematic approach to exercise developed by Joseph Pilates, this class is designed to physically challenge you with a powerful system of mat exercises that target the body's core and the joints and muscles of the neck, shoulders, spine, pelvis, and hips. Using proper movement and breath, this class will focus on deep muscle strengthening and can help improve posture, balance, coordination, and mind-body awareness. Fundamentals (alignment, breath, core strength, and stabilization) will be modeled by the instructor in each fast-paced class.

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.

STRENGTH AND FLEXIBILITY: An exercise class designed to strengthen the core and other muscle groups and increase flexibility for ALL AGES. A low impact class that is easily modified to meet your fitness level and needs. Work hard and sweat or go easier and head straight to work. Get loosened up and warmed up to start your day.

STRENGTH FOR ALL: Strength for All will blast all your muscles with a high rep weight training workout. Using adjustable barbells, 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.

YMCA of Metropolitan Lansing  
Parkwood YMCA  
2306 Haslett Rd  
East Lansing, MI 48823

STRENGTH & TONING: The focus of this class is to become or stay physically strong. During this class additional activities occur, such as cardio, balance, and stretching.

STRETCH: Discover yourself and find ways to relax by utilizing stretches and holding simple yoga poses to open your muscles and relax both mind and body. Students will quickly discover that relaxation is just as important as working hard! Beginner to advanced.

TAI CHI: Tai Chi is a low impact exercise that involves slow and gentle movements, deep breathing, and meditation. Improves strength and balance, reduces pain and stiffness, lowers blood pressure, reduces stress and increases vitality!

YOGA: Build confidence and body awareness with yoga. Connect movement with breathing in this gently flowing yoga class with an emphasis on alignment. Gain strength, flexibility, and body awareness