



## Westside YMCA Group Fitness Descriptions November 2024

**BEGINNER CHAIR YOGA:** Chairs will be utilized for at least half of the class. Gentle stretching and strengthening will be offered, while participants will be encouraged to modify to remain in their pain-free range. Class closes with 10 minutes of seated meditations along with optional brief shoulder massage from the instructor. No former experience necessary to attend this class. Gentle instrumental music is played in the background.

**BODY WEIGHT WORKS:** This non-aerobic workout is studio-based strength training using only bodyweight. All levels welcome; options will be given for beginners and diehards alike.

**CORE CONDITIONING:** Core Conditioning builds strength which focuses on the abs and back. Add this class to your aerobic workouts to achieve a balanced workout plan. No warm-up here - be ready to work! All levels welcome.

**CORE & RESTORE:** A blend of core work and prolonged stretching, a perfect way to end the week! All levels welcome.

**CYCLING:** A fun, heart-pumping workout in a setting that is safe for all fitness levels. Ride on the flats, up hills, through rolling hills with great music. Spinning is perfect for everyone since you control the resistance and pedal speed, creating just the right intensity for you. Beginners are welcome.

**XTREME HIP HOP STEP:** is a series of step aerobics. Steps moves will vary from beginner to intermediate. Moves will be broken down as needed. The overall goal to Xtreme Hip Hop is saving lives where "we don't stop, don't quit, don't give up" and no one is left behind. If you're looking for some high energy cardio fun come check out this class!

**FOREVER YOUNG:** This class will battle the enemies of aging, e.g., age-related muscle loss, balance problems, decreased flexibility and falling. Utilizing a variety of equipment and training techniques, Forever Young will emphasize core and lower body strengthening as well as balance and flexibility enhancement. Led by personal trainer John Helrigel. Participants must be able to get up from and down onto the floor. Minimum age to enroll is 60 years old.

**FUNCTIONAL TRAINING:** Class will meet on the Fitness Center Floor and will give you a great workout incorporating free weights, machines, bands, ropes, BOSUs and your own body weight.

**FULL CIRCLE FLOW:** You'll start and finish this class supine on your mat. What happens in between is always different. Expect to improve strength and flexibility as you flow through postures that promote balance, stretch the body, focus the mind and help your spirit to soar. This is a mid-level class but new or experienced students are welcome to practice at their own pace. Find your edge, strengthen your body and meet yourself on the mat.

**FUNCTIONAL CHAIR YOGA:** Participants can expect to be seated in their chair for half of class, with standing opportunities offered with the support of the chair or wall if needed throughout class. This class will aid individuals in functional tasks of daily living, such as strengthening muscles needed for transitions from low chairs and toilets. Yoga breathing practices will be used to increase lung capacity for improved endurance in daily activity.

**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.

**GET RIPPED:** Get Ripped stands for Resistance, Interval, Power, Plyometric, Endurance and Diet! Get it all and maximum results in the 1-hour class.

**HATHA YOGA:** A class designed to align and balance the physical body, as well as the mind and spirit. Students can expect to be guided in a strong physical practice that challenges them, but also allows for modifications. Cues from the instructor are given in the spirit of helping students benefit from the intention of the pose and prevent injury. Students in this class typically have had some prior yoga experience and are able to transition from floor to standing.

**YMCA of Metropolitan Lansing**

**Westside YMCA**

3700 Old Lansing Rd

Lansing, MI 48917

INTERMEDIATE YOGA: This class combines strength-based postures with flow, utilizing verbal cues for encouragement and alignment. Props are utilized and modifications are always offered and encouraged. Class ends with 10 minutes of restorative postures and 5 minutes of shavasana. Participants are expected to have some former yoga experience. Gentle instrumental music is played in the background.

MORNING FLEX BOOTCAMP: A bootcamp style work out aimed at increasing strength. To include functional fitness using your whole body and multi-joint exercises to stimulate movements performed everyday. Work at your own pace as the instructor guides you through a series of strength training and full body cardio movements all to the beats of soca, pop, and hip hop music.

MOVIN & GROOVIN: Low impact moves plus style make for a great workout to great music with less stress on knees and backs. All levels and abilities welcome!

MUSCLE FIT: Come and work those muscles! This class utilizes dumbbells, stability balls, kettlebells, body bars and gliders. Get a full body workout and strengthen your whole body. Recommended for the intermediate + exerciser.

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 in each fast-paced class by the instructor.

POUND: This workout combines cardio, Pilates, isometrics and plyometrics with constant simulated drumming – all to loud, fun music. An energizing, infectious, sweat-dripping workout, each strike of the Ripstix releases a primal aggression as well as a neuromuscular reward of mixing sound and music.

POUND UNPLUGGED: Blending 20ish minutes of high-intensity training with 10ish minutes of rhythmic breathing, mindfulness and meditation, this class will make you sweat, release and boost neurochemicals before quickly settling back into a peaceful, recharged and empowered state!

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.

STEP AND SCULPT: Use the step in traditional and non-traditional ways! You will also use hand weights for a well-rounded cardio and strength workout while rocking out.

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.

SUSPENSION TRAINING: Using straps suspended from the wall, gravity, and the leverage of your own body weight, this 45-minute class is designed to give you an intense full body workout and develop strength, balance, flexibility and joint stability. Modifications offered.

TABATA: This 45-minute class is packed with high intensity intervals, variety and fun!

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.

WAKS: Weights, Abs, Kick-box and Step all in one class. Everyone welcome.

YOGA BASICS: 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.

YOGALATES: This class is designed to physically challenge you with a powerful system of mat exercises that target the body's core, 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 in each fast-paced class by the instructor.