



# Albany Area YMCA Group Exercise Class Descriptions

## ALL LEVELS

**Ball Yoga/Pilates:** Mix up your Pilates routine and improve your flexibility, tone and balance for every day function or for spring sports. The fusion of yoga and pilates on a ball adds a different twist to traditional Pilates.

**Dance Aerobics:** Do you like Dance Aerobic classes like when they first started in the 80's? Try this medium to high energy, choreographed, cardiovascular workout for a great forty-five minutes calorie burn! High and low impact moves are incorporated throughout the class, allowing you to choose the impact option of your choice.

**Dance It Off:** Do you enjoy dancing to different rhythms and styles of music and want to burn some calories? This is the class for you! Class consists of a variety of line dancing choreography and some Zumba-like moves with some modern and some "old school" songs. *You be jammin!*

**Pilates:** Welcome to Pilates! This mat-based workout is designed to improve core control, coordination, standing alignment & balance. Come join us to build strength from the inside out!

**Spin:** Cycling is a great cardio workout and is appropriate for all fitness levels. You can adjust your workout to match your personal level. Instructors will lead you on a ride designed to improve your fitness on a variety of levels, endurance, strength, interval, all-terrain & training. (Try for 20 min.!) Remember to bring a water bottle & a towel.

**Zumba:** It's more than just aerobic dance and it's more fun than old school calisthenics. Zumba is a combination of Latin and international music choreographed with fun, dynamic dance and exercise moves. The young and "seasoned" individual all love this class!

## BEGINNER LEVEL

**Beginner Step & Sculpt:** Need to learn basic Step moves and be introduced to a variety of toning exercises for the upper and lower body? Then this is the class for you.

**Chair Aerobics:** Designed for the "seasoned" individuals. This aerobic class begins with a warm-up, incorporates cardiovascular and muscle toning exercises with weights and bands all while sitting in a chair. Some standing exercises will be incorporated for balance and variety. You'll experience a variety of movements for individuals needing slower movement and more modifications for your joints. Come enjoy the social aspect of the class.

## INTERMEDIATE/ADVANCED LEVEL

**XFit:** This cardio-based class consists of kick boxing, drills, circuit training, Step, Spin, calisthenic exercises, plus a lot more. Your body will love the cross training benefit of XFit.

**Step & Sculpt:** Try this class if you love upbeat music, want to be challenged with a variety of Step choreography, and want to flex your muscles. Light weights, bands and balls are used to add sculpting to your muscles.

## FAMILY & YOUTH FITNESS CLASSES (Free for Y members!)

**Family Zumba:** Been looking for a FUN physical activity to do with your kids? This is the class for you. Just pick up you kids after school then head to the Lee County YMCA for a forty-five minute workout. Family Zumba is open for youth eight years and up when accompanied by their parents or legal guardian. Parents must remain in the class at all times. Class included with your Y membership.