AOA Conditioning: A combination class designed to keep members moving and active. This class offers beginning level cardio, flexibility, balance, strength, and toning. While this class is perfect for our young at heart members, anyone will find it fun and challenging.

AOA Gym Circuit: Combine fun and fitness to increase cardiovascular and muscular endurance with a standing and moving circuit workout. Total body resistance, balance and flexibility work is combined with non-impact movement.

Beyond Barre: A unique class that fuses ballet, strength, Yoga and Pilate’s elements into one exciting class that will sculpt your body. This “Barre Free” class challenges and builds balance while helping to decrease the risk of overuse injuries by allowing you to work within your own range of motion. Each class includes a standing strength segment that incorporates upper and lower body while engaging the core and finishes with floor core work. This is an intense workout but offers modifications for all skill levels and fitness abilities. Small tools such as hand weights and small balls may be used during class. Barefoot is recommended but grip socks or shoes are always welcome. Beyond Barre 30 is the same intense class balanced into 30 minutes.

Body Conditioning: A full body workout using integrated strength exercises which may include the use of body bars, dumbbells, bands, and more to keep your muscles guessing. Body Conditioning with Cardio include an added variety of low and higher impact cardio Intervals.

Cardio Express: A 30-minute full body cardio class with a moderate workout level designed to have both low and high impact as desired while increasing levels of movement and intensity. All fitness levels are welcome.

Cardio Kickboxing: Fast paced, high energy, cardio workout based on various forms of martial arts to challenge your stamina with high intensity combination rounds. This class will also teach you the basics of kicking and punching, while incorporating athletic based drills and core strengthening exercises.

CIZE: Learn how to dance, burn some calories and have FUN! Choreography is broken down by the instructor step-by-step until you have learned a whole song.

Core/Balance/Stretch: This restorative class works on core strength, balance, range of motion and flexibility using techniques from a wide variety of practices. In this class, “core” is anything that attaches to the pelvis so we do much more than just crunches, all in a low-key and relaxed environment.

Core Conditioning: Not just an abs class. The core is everything from your shoulders to your hips and in this 30-minute class you will work your abdominal muscles as well as hip/pelvic and the spinal muscles!

Core Express: 15 minutes to focus on the core of your body which includes not only the abdominal muscles but hip/pelvic muscles and the spinal muscles! Great for those with limited time or just want to get in a little extra before or after class.

Cycling: For those who love to ride, this class gives you the cardio workout you are looking for. From beginner to advanced anyone can enjoy the non-impact workout this class gives. **Bikes are limited so sign up online in advance at www.ymcaspokane.mycustomevent.com or contact the Service Desk at 777-9622. Account set-up is needed.

Drums Alive: This is a low impact cardio class that involves drumming (yes, with real drum sticks) on an array of large stability balls set in stands. Participants drum out choreographed patterns on balls in front of, to the side, and behind them. A variety of rhythmic structures and full body movement patterns keep the brain and body equally engaged. Participants frequently comment that if they didn’t feel the sweat on their brow and their clothes they might not think they’d been working out. The fun factor is high enough to "forget" it is exercise. All fitness levels are welcome and no previous drumming or dancing experience is necessary.

Gentle Cardio Dance is an easy-to-follow program that lets you move to the beat at your own speed. It’s an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! This class provide modified, low-impact moves for active older adults.

Healthy Heart: This class is primarily designed for older active adults or those recovering post-surgery. Blood pressures are taken at the beginning of class. Warmup exercises simulate everyday living activities then the class moves to the weight room to incorporate light use of cardio and weight machines. A cooldown and stretch ends the class.

Hoop Fit Fusion: A low impact innovative workout that combines the use of hula hoops, world dance and yoga for toning, slimming, cardio and fat burning incorporated together with inspiring music to keep you moving. The use of handmade hoops, with a variety of sizes and weights, ensure that anyone who attends will have a hoop for their body and skill level.

Intense Pump: This is a muscle endurance workout to help tone your muscles and decrease body fat. This 55-minute class is full of intense exercises using various strength and endurance training strategies to give you a total body workout. It’s going to burn so bring your determination!

INSANITY® is a high intensity, total body conditioning, calorie torching 50 minute cardio-based workout that encompasses the principles of MAX Interval Training. Don’t get scared off by the name! If you are looking to take it to the next level – this workout is for YOU! The class is designed to provide a safe, challenging, and results driven workout with no equipment necessary.

Kids Yoga: Yoga has been proven to have wonderful benefits for kids by increasing strength, flexibility, coordination, self-awareness, and self-esteem. Yoga poses inspire creativity (kids turn their bodies into trees, mountains and animals!), as well as provide a sense of calmness and relaxation. Yoga philosophy encourages teamwork and teaches respect, compassion and sharing. This class presents an opportunity for kids to have fun with movement and become mindful of themselves and the world around them. Recommended for ages 5-10 and grown-ups of all ages are welcome!
**GROUP EXERCISE CLASS DESCRIPTIONS**

**CENTRAL SPOKANE YMCA**

**Pilates:** Strengthen your core muscles in your back, waist, hips, and abdominals! Exercises with your body weight, and aiding in low-back health and posture! Pilates mat exercises condition the powerhouse and improve flexibility, balance and concentration.

**PiYo 30** is a high intensity body toning class that fuses the best of Yoga, Pilates and Body Conditioning to increase flexibility, strengthen muscles, tighten core, and burn fat all packed into 30 minutes.

**R.I.P.P.E.D.** or **R.I.P.P.E.D. + Core:** Combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components to help you attain and maintain your physique in ways that are fun, safe, doable, and extremely effective for any fitness level. Each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format - come ready to be challenged! **R.I.P.P.E.D. + Core** includes an extra core focused section at the end of class.

**Roll, Stretch, and Restore:** Learn the basics of foam rolling, stretch your muscles and focus on your breathing in this rejuvenating class. Just what your body has been asking for!

**SilverSneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand weights, elastic tubing with handles, and a ball are offered for resistance and chairs are used for seated and/or standing support. Your insurance or Medicare plan may offer this program. For more information, please visit silversneakers.com. **All SilverSneakers® classes are open to all members.**

**SilverSneakers Yoga:** A workout that will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Your insurance or Medicare plan may offer this program. For more information, please visit silversneakers.com. *Open to all members.*

**Step:** Using an elevated platform, you will get an aerobic workout following a choreographed routine. Work on your endurance and agility. **STEP/PiYo:** Sports based drills on the bench coupled with the core strength of Pilates and the balance and flexibility of yoga.

**Strength Conditioning** is similar to Body Conditioning but with more intense use of heavier weights and reps for those wanting an increased challenge in muscular strength.

**STRONG by Zumba:** is a vigorous yoga class that integrates breath and movement, inner and outer alignment, strength and flexibility, accompanied by music for a rejuvenating and balancing effect. Levels indicated where they apply, all are welcome. **Yoga Mats are limited. You are welcome to bring your own personal mat.**

**Yoga or Yoga Basics, Gentle Yoga, Yoga and Meditation, Yin Yoga, Yoga Flow or Power Yoga:** Improve your flexibility, balance, strength and relaxation skills using various postures and breathing techniques. A great calming but energizing workout! **Yoga Basics** slows down the pace and focuses on the fundamentals of your yoga practice. These classes build a foundation to safely experience yoga and feel more confident in classes. **Gentle Yoga:** This class focuses on restorative yoga poses, balance, breathing, and relaxation techniques. A chair is available for support if needed. **Yoga and Meditation** practice stays mainly on the floor incorporating relaxing gentle yoga poses while using the methodology of yogic breathing and a variety of yoga poses to bring your focus inward to self, while strengthening your focus to experience the expansive, and connected states of meditation. **Yin Yoga** focuses on the ligaments, joints, fascial networks, and bones. This class has a simple, but still challenging, practice that consists of meditative segments with longer held postures near the floor. **Yoga Flow** is a practice where yoga postures or asanas are connected through the breath. Classes build heat, endurance, flexibility and strength. The creative sequencing found in a flow class is often built around sun salutations. **Power Yoga** is a vigorous yoga class that integrates breath and movement, inner and outer alignment, strength and flexibility, accompanied by music for a rejuvenating and balancing effect. Levels indicated where they apply, all are welcome. **Yoga Mats are limited. You are welcome to bring your own personal mat.**

**Zumba:** A Latin inspired dance-fitness class that combines fast and slow rhythms to tone and sculpt the body in an aerobic/fitness fashion to achieve a uniquely blended balance of cardio and muscle-toning benefits.

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