

JF HURLEY YMCA GROUP EXERCISE SCHEDULE CLASS DESCRIPTIONS

N=No impact. L=Low impact. HI=High intensity. M=Moderate

Beginners Yoga= Learn basic yoga postures designed to relax, stretch, strengthen and renew
No music **N**

Biking class= Class taught on a stationary bike. Let your instructor take you through a virtual bike race accompanied by exciting music. **N**

Body Movement = Gentle exercise at the bar and/ or chair. Strength exercises using dumbbells seated in a chair. **N**

BODYFLOW= A combination of Tai Chi, Yoga, and Pilates; BODYFLOW will awaken your spirit through music, choreography, and movement. Allow your body to journey through strength, tone, flexibility, and relaxation. **N**

BODYPUMP= the original barbell class that strengthens your entire body. This workout challenges all you major muscle groups. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for— fast! **N**

BODYSTEP= A simple, athletic and fun workout using the step including great uplifting music! Benefits include toning of the lower body, increased cardio fitness and coordination. **HI**

BODYVIVE= A low impact aerobic exercise class integrating resistance training for strength and stability and flexibility and mobility work. **L**

BODYCOMBAT= A fiercely energetic program inspired by a wide array of martial arts. Unleash yourself with BODYCOMBAT! **HI**

BRIAN'S BOOTCAMP= Hard core high intensity interval training! Anyone welcome know your limits! **HI**

Cardio Mix= Traditional aerobics combined with strength exercises using, hand weights, barbells, dyna- bands and more. Excellent for beginners and/or seniors in good physical condition. **L**

Cardio Kick box= Aerobics with a martial flare. Punching, kicking.....a total body workout! **HI**

Cardio Pump= Intense cardio and cardio kick box with a full body strengthening workout using Dumbbells, barbells, and more! **HI**

Chair Yoga 'n Tone= Gentle yoga postures plus resistance equipment. Strengthen and stretch, improve balance, breathe and relax. **N**

Estelatte= A combination of Tai Chi, Yoga, and Pilates, strength, tone, flexibility, and relaxation by Ester! **N**

Esterciz= And intense workout using cardio, strength and endurance 3 different days of the week. **M/HI**

Intense cardio mix= Rotates between hi/lo, step, kick box and weights! Awesome workout! **HI**

Oxibreathing= Learn how to truly breathe again! Lot of core strengthening involved. Please read: Oxi-Breathing is held in 4 week sessions. Walk-ins are welcome! Check each months schedule if program is Running. **N**

Power Flex= Weight training class that works your total body! Sometimes DVD used! **N**

Reggae= Combination of slow movements using your whole body, especially your core, awesome workout! **L/ M/ HI**

Step Mix= Besides step aerobics, there will be some circuit, including strengthening and toning. **M/HI**

Tai Chi= Low impact exercise. It reduces tension, improves circulation, balance, flexibility, and coordination. Now you can come to Beginning Tai Chi at any time! To come to Advanced Tai Chi you have to participate in Beginning Tai Chi first **N**

Zumba = **Zumba**= Zumba combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and international music-dance themes that create a dynamic, exciting fitness system! **L/ M/ HI**

Zumba Gold=Same great fun as Zumba but geared towards the older active adults and beginners. **L/ M**

Zumba Gold 'n Tone= Same as Zumba Gold including toning exercises. **L/ M**



