



## Tri-County YMCA Group Exercise Class Descriptions:

\*\*\*All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.

**BodyATTACK:** A sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**BodyPUMP™:** A class centered around the barbell. The class will strengthen the entire body, challenging major muscle groups by using the best weight-room exercise such as squats, presses, lifts and curls. The routine is choreographed to an awesome music playlist that makes the workout fly by.

**CX Worx™:** This 30 minute core class is dynamic training that hones in on your abs, glutes, back, obliques, and “slings” connecting the upper & lower body. This workout is fun, quick, and will have you seeing results in no time—we recommend you take this class 2 or 3 times per week for best results.

**Tabata:** Short bursts of high intensity exercise followed by even shorter spurts of rest between. Normally 20 seconds of high intensity work followed by 10 seconds of rest. The whole workout will be complete in a half-hour, but don't let the duration fool you...it will be an intense 30 minutes of moving!

**FIT:** This class will be low(er) impact and will vary each week. One week we may do a cardio-based circuit and the following a strength training (weight bearing) circuit. Variations and modifications will be provided. This class will be considered a basic/intermediate level class, but all are welcome to attend! Even though this is a lower impact class, don't think you won't sweat.

**Pound:** Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out

**Power Vinyasa Yoga:** a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements.

**RPM:** RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training.

**Yin Yoga:** A slower, more meditative practice, Yin Yoga involves variations of seating and supine (lying) poses that are held for 3 to 5 minutes. During a Yin practice, deeper layers of fascia that surround our muscles and organs are accessed and the connective tissues around our joints are stretched (especially the knees, pelvis, sacrum, and spine). Deep breathing during Yin quiets the mind, relaxes the body, and resets our autonomic nervous system -- leaving us with an overall feeling of less stress and better health.

**Enhanced Fitness (Free for Members/ \$3 for Non-members):** A class designed for individuals age 55 and older. It focuses on strength training, cardiovascular endurance, flexibility and balance. If you are ready to start your Monday, Wednesday, and Friday mornings off right, then head to the Huntingburg Event Center and join in on this GREAT senior-focused class.

**Morning Energizers (Free for Members/ \$3 for Non-members):** A class designed for individuals age 55 and older. This class combines a combination of cardio exercises, strength training with light weights, in addition to balance & flexibility exercises that leaves you feeling refreshed and energized at the end of each session. Come ready to have FUN & move to the beat of some great 'oldies' tunes!

**PiYo:** Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo...PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Tai Chi:** Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of