

# November Virtual Group Exercise



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:15-6:00am 	5:30 -6:15:am -3 WARM YOGA		
		9:30-10:15am 	8:30-9:15am 	9:30-10:15am 	
9:30-10:15am 	9:45-10:30am 	12:15-1:00pm 		12:15-1:00pm 	
12:15-1:00pm 		4:00-4:45pm - 3 YOGA	4:00-4:45pm 		
12:15-1:00pm 	4:30-5:15pm 	4:30-5:15pm 			
3:30-4:15pm-3 YOGA	4:30-5:15pm-3 WARM YOGA				
4:00-4:45pm 					

**Virtual class sizes are limited. To reserve a spot, please set up an account with Punchpass, our online reservation software.**

[andersonareaymca.punchpass.com](http://andersonareaymca.punchpass.com)



# CLASS DESCRIPTIONS

## AEROBIC/CARDIO

**ZUMBA-** All levels. Latin inspired dance fitness that incorporates Latin and international music with easy to learn dance steps.

**ZUMBA TONING-** All levels. Zumba Toning utilizes muscle toning and sculpting exercises and combines them with the dance-fitness movements and rhythms from Zumba for a fun, effective work! Class is limited to 50 participants. Sign-up at front desk no earlier than 30 minutes prior to class.

**POUND -** Pound is a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising

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## STRENGTH AND SCULPTING

**RAISED BARRE-** All levels. Raised Barre is a fun, energetic and athletic program that incorporates elements of Pilates into a strengthening barre workout. Raised Barre stays true to the classic barre workout, and brings an energetic, athletic and completely pre-choreographed barre program that is easy to learn. Class is limited to 25 participants. Sign-up at front desk no earlier than 30 minutes prior

**GROUP PUMP-** All levels. Experience all the power of incorporating barbells, dumbbells, and other resistance tools in your strength training routine.

**GET ON THE BALL-** All levels. Improve strength, posture, and coordination. Your muscles will be challenged while using the stability ball in your strength training routine.

**STABILITY BALL BLAST-** All levels. A total Body and Core workout that incorporates cardio and strength segments on and off the ball. Improve your posture, core strength and overall endurance while blasting away your muffin top and toning your whole body!

**HARDCORE-** All levels. A workout for the entire torso, this 30 minute class focuses on toning and strengthening the body's core abdominal and back muscles.

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## COMBINATION

**BODY BLAST-** All levels. A total body workout that incorporates cardio/interval segments alternating with strength training and core conditioning for a total body blast!

**EARLY BIRD-** A challenging workout for all you early risers. Come enjoy the instructor's choice of a cardio and strength training workout.

**KETTLEBELL EXPRESS-** A challenging workout using traditional kettlebell weight exercises that use the entire body for a great cardio and functional strength workout.

**JUST A MINUTE -** You can do anything for a minute! Complete every exercise for one minute. Strength endurance at its best!

**ANYTHING GOES-** All levels. A mixture of strength, plyometrics, and cardio. A total body conditioning!

**SWEATSHOP-** A challenging class that alternates intense cardio segments and strength training moves!

**20/20/20-** All levels. This class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core conditioning.

**TABATA-** A challenging, high intensity interval training workout. Tabata is excellent for increasing conditioning and muscle endurance. Each sequence is broken into 8 cycles of 20 seconds of work/10 seconds of rest. Non-stop action!

**BOOTCAMP-** this challenging class mixes traditional calisthenic and body weight exercises with interval training, sprints, agility work, and strength training for the ultimate workout.

**TorqueRX-** (Cycle/TRX Fusion) a unique combination of TRX suspension training and high-energy cycling. You'll build strength, gain flexibility, and get a heart-pumping (and fun) cycling workout, all in one class!

**STEP-LADDER-**this class uses the ladder method of ascending, descending, and wavering repetitions on and off the step allowing you to accomplish more than you ever thought possible. Step choreography is simple and fun. Strength equipment selection is endless!

**STRONG by Zumba®-** this class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

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## CYCLING

**INDURO CYCLING-** All levels. Induro Cycling has put a new spin on the indoor cycling workout by utilizing amazing virtual cycling videos from ALL OVER THE WORLD! Induro is a beat based, full body, theater enhanced, cycling experience led by an instructor with heart pumping music! Class is limited to 30 participants.

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## MIND & BODY

**YOGA BASICS-** Learn the foundations of yoga practice and mechanic of postures. This class is suited for and welcoming to beginners, but also great for experienced yoga participants.

**TAI CHI CHIH-** T'ai Chi Chih utilizes 19 easy to learn movements and one pose to promote balance, flexibility, stamina, increased physical energy, inner calm and improve health and well-being.

**SUPPORTED YOGA-** All levels. A gentle, supported form of Yoga without having to get down on the floor (working from a chair or standing position).

**BACK CARE BASICS YOGA-** All levels. This class focuses on using the breathe to guide you through poses which will stretch and strengthen your back and core.

**YOGA I-** All levels. Learn the basic moves of yoga performed in a slow and methodical manner. Great for beginners.

**WARM FLOW-** standard yoga moves performed in a room heated to 80 degrees (actually temperature will be higher due to body heat). Warm Flow is therapeutic while challenging ones muscular strength endurance, flexibility and balance.

**WARM POWER FLOW-** intermediate to advanced yoga moves with modifications, which are performed in a room heated to 80 degrees (actually temperature will be higher due to body heat). Warm Flow is therapeutic and provides an environment for a deeper practice while challenging one's muscular strength endurance, flexibility and balance

**YOGALATES-** All levels. Yoga and Pilates moves are integrated to create a blend of poses which will strengthen and lengthen the body.

**GENTLE YOGA-** All levels. Gentle yoga emphasizes relaxation with deep breathing in a quiet, soothing atmosphere.

**YIN YOGA-** All levels. Yin Yoga focuses on being receptive, passive, still and relaxed emphasizing flexibility and movement in and around the joints.

**VINYASA FLOW-** An intermediate yoga class that will challenge all level yogis! This class is a blend of strength, balance and deep releases ending with deep meditation. This class can be easily modified to accommodate all fitness levels!

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## ACTIVE OLDER ADULTS

**FIT FOR LIFE-** A low intensity, low impact aerobic class perfect for the active older adult. Includes resistance training, balance, and flexibility.

**SILVERSNEAKER'S I-** For the active older adult, 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.

**SILVERSNEAKER'S CIRCUIT-** For the active older adult, Cardio features 30 minutes of low impact, light cardio with strength training, balance, and stretching.

**ZUMBA GOLD-** Latin inspired dance fitness class that incorporates Latin and international music for the active older adult.

**OVEREASY LOW IMPACT-** OVERcome stiffness, tightness, imbalance, & two left feet with EASY low impact.

**OVEREASY STRETCH-** OVERcome aches, pains, moans, groans with EASY chair stretches. Works memory retention, balance, focus, concentration.

**CATCH 45 -** This class is designed around the H I I T concept- combining functional strength exercises with 45 second intervals of higher intensity cardio movements. Modifications will be given making this class fun and effective for many different fitness levels.

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## YOUTH CLASSES

**HEALTHY KIDS -** 6-12 yr. olds. Introduce your kids to fitness fun through a high-energy class that will teach them the importance of physical activity.

**JR. HEALTHY KIDS -** 3-5 yr. olds. Introduce your kids to fitness fun through a high-energy class that will teach them the importance of physical activity.