

All classes are multi-level, unless otherwise noted.

## General Group Exercise Class Etiquette

- For Y Cycle classes, sign up at the front desk up to 24hrs in advance. For Aqua Deep classes please call up to 48hrs in advance.– see inside for details on which classes.
- To help ensure a successful first class, **new participants** should arrive five minutes early to get a short orientation from the instructor.
- Class participants should let the instructor know ahead of time if they need to leave class early. Our instructors worry if members leave class unexpectedly!
- To help keep our studio floors clean, please do not wear outside shoes in the studio. For classes requiring shoes, bring a separate pair and change into them in the hallway.
- Be respectful of others when arriving late to a class. Gather equipment quietly and be mindful of others' personal space.
- Socializing is an important part of group exercise but conversations during class can be disruptive. Please save conversations for before and after class.
- Clean up your own equipment after class.
- If a substitute instructor is teaching your class, welcome them and be open to trying new things.
- The warm-up and pre-class instruction are important components to a group exercise class. Please make every effort to arrive on time for a safe and successful class. For Deep Water classes on M, W, F you may not come in after the class has begun.

We send weekly emails regarding class changes and special group exercise/wellness events.

For studio classes, contact our Healthy Living Director, Lynne Zusi, at [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)

For water classes, contact our Wellness Director, Jennifer Allen, at [jennifer.allen@hrymca.org](mailto:jennifer.allen@hrymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISE & SOCIALIZE

## Group Exercise

Fall 2 Session

October 30th - December 31st, 2017  
HAMPSHIRE REGIONAL YMCA

### Inside:

Class Schedule

Class Descriptions

Specialty Workshops

All Group Exercise classes are free to members and open to participants ages 14 and over.

Youth ages 12 & 13 may participate with an adult.

Hampshire Regional YMCA  
286 Prospect Street • Northampton, MA • 01060

# Yoga Classes

**Alignment-Based Yoga** — Explore the principals of alignment through a variety of poses and breathing techniques designed to safely stretch and strengthen muscles while bringing the body into a balance of stability and freedom. This multi-level class is uplifting and supportive in nature.

**Beginner Yoga** —This class is ideal for, but not limited to, those who are new to yoga or concerned about their age or fitness level. The pace will be slow as students learn to work safely and precisely, stretching and extending deeply.

**Bliss Flow Yoga** - In this alignment-based Vinyasa yoga class, experiment with a variety of yoga poses, including standing, arm balances, inversions and backbends. Learning safe and skillful body alignment will be a key focus. Explore how the body and breath move together.

**Dynamic Flow Yoga**—This Vinyasa flow class is a vigorous practice with dynamic movement from one posture to the next, using the rhythm of each inhale and exhale. Modifications will be provided for postures and flows but a basic knowledge of standing postures is recommended.

**Embodyflow Yoga** — An accessible class for beginners who can easily get down on the floor. Experienced yoga practitioners will enjoy the deeper exploration of Embodiment that can inform other practices. Explore aspects of the body/mind in relation to movement, support, alignment, and breath. Flow from one asana to the next at an easy pace.

**Energetic Yoga Flow**—This class is designed to prepare you for your day. Begin class with a moderately vigorous flow, and end with restorative poses, to help promote strength, flexibility, and mindfulness.

**Friday Yoga** — This is an end of the week class designed to soothe a tired body and refresh all of your systems. This class deepens a yoga practice by adding the mental/emotional element. Friday Yoga is beginner friendly, but more advanced students will appreciate the deeper levels of exploration.

**Friday Flow Yoga**—Unwind from your week and prepare for the weekend with a vigorous Vinyasa flow to detoxify and align the body. Emphasis is given to long, even breathing that increases the internal fire and strengthens and purifies the nervous system. Open to all levels, this class will uplift your spirit and challenge your body and mind.

**Gentle Yoga**—This is a slower pace class designed for all ages, all fitness levels, and all levels of experience. The focus is on listening to your own body and modifying movements and postures to suit your needs. Gentle yoga is a great way to recover from a stressful work week or to gradually wake up the muscles and joints at the start of the day.

**Gentle Embodyoga** - A slower-paced Embodyoga class with special attention paid to alignment and core strengthening for improved body awareness.

## Deep Water Aerobics

**9:05am-10:00am: Monday, Wednesday & Friday**

**9:15am-10:00am: Tuesday & Thursday**

**Deep Water**

**Large Pool**

**No impact**

This class will give you a total body workout, while your feet never touch the floor! Whether or not you know how to swim, you can enjoy a moderate or intense workout in a weightless environment. Exercises in this class are designed to build your cardio endurance while also improving your strength, flexibility and balance. No swimming skills required. Participants can wear a flotation belt for support.

## Deep Aqua Blast

**10:05-10:45am: Monday, Wednesday & Friday**

**Deep Water**

**Large Pool**

**No impact**

**Step beyond the Deep Water Aerobics Class.** Please attend the 9am if you have not taken deep water classes before. Drills, interval training and a focused push. Expect to raise your heart rate and have fun while doing it. This is a 40min class. No swimming skills required. Participants can wear a flotation belt for support.

**New participants should arrive 5minutes prior to their first class in order for instructors help them get the appropriate equipment.**  
**All fitness levels are welcome.**

**Signing up ahead of time is required for all Deep Water Classes on You can sign up for either the 9am or the 10am class but not both on Monday, Wednesday and Friday. Members may call or stop by the front desk up to 48 hours prior to class in order to reserve a spot. Please arrive on time, if you are late even if you are signed up for the class your spot may be given to someone on the waiting list. No participant may not enter class after the first 10mins of the start of class.**



**For details and updates on instructors and classes please join our weekly email list. Email Jennifer Allen at [Jennifer.allen@hrymca.org](mailto:Jennifer.allen@hrymca.org)**

# Yoga Classes

## Power Hour

12:05–1:00pm: Monday, Wednesday & Friday

6:00pm–6:55pm: Monday & Wednesday

Shallow Water

Minimal impact to high impact

This class incorporates high intensity cardio intervals and strength training with traditional aquatic fitness disciplines. Great for those looking for a challenging workout that is easy on the joints or if you are looking to add something different to your fitness routine. No swimming skills required

Small Pool

Small Pool



## Deep/Shallow Combo

8:35–9:15am Saturday

No impact/low impact to medium impact

A different instructor teaches each week, offering a variety of exercises in both shallow and deep water. Participants have options to stay in the deep or shallow water if needed. A great way to get to know several of our instructors, enjoy a variety of music, and start the weekend off with a good, total body workout!

Large Pool

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**Hatha Yoga** — In this class, appropriate for all levels, practice breath synched with movement and static postures. Work with simple and effective poses to align the body, breath, and mind. This is a mixed level hatha class, inviting students to practice yoga in a way that makes sense for their bodies, offering more advanced options, along with modifications throughout.

**Intermediate/Advanced Embodiyoga** — This class requires experience because of the mental examination of anatomy and precision of postures. The concepts explored in this class transform students' long-term yoga practices and serve them in other classes. Students will explore how to soften in challenging, strengthening postures and more fully integrate the movement of body and breath. Work also examines the nervous system/emotional response to practice. Class may include inversions, backbends, and arm balances.

**Meditation** – Meditation is simple and easy to do and has lasting benefits to both the mind and body. This class will give some attention to posture and finding a comfortable position for meditating. Time for any questions will be provided and participants will have a chance to meditate together in silence for 15–20 minutes. No previous experience is necessary. All levels and abilities welcome.

**Restorative Yoga**—This format is about relaxing and restoring. In restorative yoga, participants place the body in various reclining poses and support it with blankets and other yoga props so that muscles can release and relax deeply. The breath is used to help the body let go of tension and to help the mind de-stress and center. It truly is the practice of being, not doing.

**Vinyasa Flow Yoga**—This flow class incorporates dynamic movement using the rhythm of each breath. Salutations warm the body, and standing posture sequences help build strength and balance. A variety of inversions, arm balances, seated postures, backbends and surrender postures will be practiced. Modifications are offered and the class is multi-level.

**Yin/Yang Yoga**—This style of yoga is a blend of a strength-building, active flow and longer-held, deep, static stretches. Great for many levels and will bring balance to your whole system!

**Yoga Flow**—This class is devoted to breath and mindful movement. Participants move through salutations building towards standing, seated and core poses that awaken the strength and balance in the body.

**Yoga & Mindfulness**—A moderately-paced, mindful melding of yoga styles. Come take care of your body, mind and heart in this class.

**Yoga Strength and Stretch** — This yoga-style class is designed to improve strength, flexibility, balance and concentration.

## Pilates/Qi Gong/Tai Chi Classes

**Mat Pilates**—These classes are multi-level. Develop an awareness of your body's core (abs and back), and learn how to safely and effectively strengthen these muscles for better balance, posture, body awareness and injury prevention.

**Mindful Pilates** - A core strengthening class using a blend of Pilates and yoga to develop an awareness of how to use the core muscles for better posture, balance and injury prevention.

**Qigong** — Qigong is an ancient Chinese health-maintenance practice, the precursor to Tai Chi and all of the martial arts. Learn to move qi (*chi*)—energy—through simple movements, meditation, and breathing practices, which can be done seated or standing. Soft, deliberate movements foster sound body and mind, boost the immune system and help create a more focused and relaxed state of mind.

**Tai Chi Basics** — Perfect for beginners, this class includes Tai Chi core principles of breathing awareness, moving in stances, postures that occur in the short form, improvisation, and Liangong flexibility, healing, strengthening exercises.

**Tai Chi Short Form**—A meditative and flowing pre-arranged form (sequence of postures) that incorporates the 13 core principles in which all Tai Chi practice is rooted (5 directions and 8 movement qualities).



### Arthritis Friendly

**11:15am-12:00pm: Monday, Wednesday & Friday**

**10:15am-11:00am: Monday & Wednesday**

**Shallow Water**

**Small Pool**

**No to Low impact**

This gentle water exercise program is designed for people with arthritis and other related conditions, but is great for anyone who is ready to join a low intensity class. You'll strengthen and tone your muscles, increase your flexibility and range of motion to carry out daily tasks more efficiently. This class also helps reduce the pain associated with arthritis, fibromyalgia, and other joint and muscle conditions. Enjoy the buoyancy of water, an ideal environment for relieving pain and stiffness. This program will give you a low to moderate level cardiovascular workout. No swimming skills required.

Signing up ahead of time is required for Arthritis Classes. Members may call or stop by the front desk up to 48 hours prior to class in order to reserve a spot. Please arrive on time, if you are late even if you are signed up for the class your spot may be given to someone on the waiting list.

### AOA Shallow

**11:15am-12:00pm: Tuesday & Thursday**

**Shallow Water**

**Small Pool**

**Minimal impact**

Ready for a workout that's a step beyond the Arthritis Aquatic Program? This is the class for you! This warm-water workout includes arthritis-friendly exercises with minimal impact, and uses a variety of moves to provide stronger cardiovascular conditioning, muscle toning, range of motion, flexibility, and balance. Build your endurance, get stronger, move more easily, and feel better overall! No swimming skills required.



## Aqua Aerobics Class Schedule

All Classes are subject to change due to class participation.

Monday	Class	Type	Pool	Sign up Required
9:05am	Deep Water Aerobics	N	Large	Sign up Required
10:05am	Deep Aqua Blast**	N	Large	Sign up Required
10:15am	Aqua Arthritis**	N/L	Small	Sign up Required
11:15am	Aqua Arthritis**	N/L	Small	Sign up Required
12:05pm	Power Hour	M/H	Small	
6:00pm	Power Hour	M/H	Small	
Tuesday	Class	Type	Pool	
9:15am	Deep Water Aerobics	N	Large	Sign up Required
11:15am	AOA Shallow**	L/M	Small	
Wednesday	Class	Type	Pool	
9:05am	Deep Water Aerobics	N	Large	Sign up Required
10:05am	Deep Aqua Blast**	N	Large	Sign up Required
10:15am	Aqua Arthritis**	N/L	Small	Sign up Required
11:15am	Aqua Arthritis**	N/L	Small	Sign up Required
12:05pm	Power Hour	L/M	Small	
6:00pm	Power Hour	M/H	Small	
Thursday	Class	Type	Pool	
9:15am	Deep Water Aerobics	N	Large	Sign up Required
11:15am	AOA Shallow**	L/M	Small	
Friday	Class	Type	Pool	
9:05am	Deep Water Aerobics	N	Large	Sign up Required
10:05am	Deep Aqua Blast**	N	Large	Sign up Required
11:15am	Aqua Arthritis**	N/L	Small	Sign up Required
12:05pm	Power Hour	L/M	Small	
6:00pm	Power Hour	M/H	Small	
Saturday	Class	Type	Pool	
8:35am	Deep /Shallow Water Combo	N	Large	

Signing up ahead of time is required for all Deep Water Classes on You can sign up for either the 9am or the 10am class but not both on Monday, Wednesday and Friday. Members may call or stop by the front desk up to 48 hours prior to class in order to reserve a spot. Please arrive on time, if you are late even if you are signed up for the class your spot may be given to someone on the waiting list. No participant may not enter class after the first 10mins of the start of class.

New participants should arrive 5minutes prior to their first class in order for instructors help them get the appropriate equipment. All fitness levels are welcome.

For details and updates on instructors and classes please join our weekly email list. Email Jennifer Allen at [Jennifer.allen@hrymca.org](mailto:Jennifer.allen@hrymca.org)

Type: **N**-No Impact **L** -Low Impact **M** -Minimal Impact **H**-High Impact

AOA-Active Older Adult , Class Duration: \*\*45-min, \*\*\*40-min,\*\*\*\*30-minute

## Wellness Special Events

**Building A Healthy Community 5K -  
Be A Superhero and Support the Y!**  
Saturday, November 4th at Look Park in Northampton  
12:30—2 Mile Walk  
1:00—5K Run  
2:00—Kids Fun Run

Enter our superhero costume contest!  
Free kid-friendly activities at the Garden House  
Register online or at the Welcome Center

## Yoga Workshops

**Restorative Yoga and Reiki with Beth—Saturday, December 2nd  
11:30am—1:30pm**

The perfect antidote to the busy-ness of life! Join Beth for two delicious hours of supported, relaxing yoga poses. In this workshop, learn restorative yoga set-ups that can be done at home as well as basic Reiki self-care practices that you can do anywhere. Experience how these two healing modalities can work together to help relieve tension and stress, support overall well-being, and leave you feeling blissed out!

**\$15 members/\$30 non-members – Register by Friday, December 1st at 12:00pm, no drop-ins**

**Intro to Flow Yoga with Chandra – Sunday, December 17th  
12:00–1:30pm**

This workshop is for anyone looking to go to a flow yoga class with more understanding of how to go from one pose to the next. Appropriate for beginners or a brush up on fundamentals for those wanting to go back to the basics.

**\$10 members/\$20 non-members – Register by Friday, December 15th at 12:00pm, no drop-ins**

# Active Older Adult (AOA)

Monday	Class	Instructor	Room
5:45-6:30am	H.I.I.T. & Sculpt	Jennifer	S1
7:00-7:45am	Tabata Fusion	Jennifer	S1
9:00-9:55am	Intermediate/Adv. Embodiyoga	Courtney	S2
9:05-10:00am	Step & Sculpt	Lynne	S1
9:10-10:00am	Stages Power Cycle	Alicia	C
10:00-10:55am	Barre Sculpt	Jen P.	S2
10:10-11:10am	Enhance Fitness (registration req)	Lynne	S1
11:00-11:55am	Beginner Yoga	Danielle	S2
11:15-12:15pm	Enhance Fitness (registration req)	Joan	S1
12:00-12:45pm	Tai Chi Basics	Janet	S2
12:45-1:30pm	Tai Chi Short Form	Janet	S2
5:30-6:25pm	Yoga Strength & Stretch	Brenda	S2
5:30-6:25pm	20/20/20	Jo	S1
6:00-6:45pm	Cycle 45	Aylin	C
6:30-7:25pm	Zumba®	Cindy	S1

Tuesday	Class	Instructor	Room
6:00-6:55am	Cycle	Jo G.	C
8:00-8:55am	Dance & Sculpt	Brenda	S1
9:00-9:55am	AOA Dance & Sculpt	Lynne	S1
9:00-9:50am	Cycle	Donna	C
9:15-10:10am	Yoga & Mindfulness	Chandra	S2
10:15-10:35am	Mindfulness	Chandra	S2
9:15-10:00am	Cardio Kickbox	Elaine	GYM
10:00-10:55am	Functional Strength	Donna	S1
11:00-11:55am	AOA Balance & Stretch	Donna E.	S1
12:00-12:55pm	Embodiyoga Yoga	Teresa	S2
4:15-5:10pm	Alignment-based Flow Yoga	Alisa	S2
4:30-5:25pm	Zumba®	Cindy	S1
5:30-6:10pm	H.I.I.T & Sculpt (no class on 10/31)	Aylin	S1
6:15-6:55pm	Total Body Strength (no class on 10/31)	Aylin	S1
6:00-6:55pm	Yoga & Mindfulness (no class on 10/31)	Kathleen	S2

Wednesday	Class	Instructor	Room
5:45-6:30am	Tabata Fusion	Jennifer	S1
7:00-7:45am	H.I.I.T. & Sculpt	Jennifer	S1
9:00-9:55am	Mindful Pilates	Alisa	S2
9:05-9:50am	Mid-Week Body Blast	Season	S1
9:10-10:00am	Stages Power Cycle	Rachel	C
10:10-11:10am	Enhance Fitness (registration req)	Joan	S1
10:15-11:25am	Yin/Yang Yoga	Megan	S2
10:15-11:10am	Body Weight Blast	Rachel	GYM
11:15-12:15pm	Enhance Fitness (registration req)	Lynne	S2
11:30-12:25pm	Qi Gong	Makani	S2
5:30-6:25pm	Doonya Dance Fitness	Aisha	S1
5:30-6:25pm	Cycle	Deb	C
5:30-6:25pm	Dynamic Flow Yoga	Jill	S2
6:30-7:00pm	Core Strengthening	Jill	S1

**The classes listed below are generally appropriate for most active older adults. Feel free to contact Lynne Zusi, our Healthy Living Director, for guidance choosing a class to suit your individual needs.**

**AOA Balance & Stretch**—Improve core and lower body strength, flexibility, and balance while paying attention to pain and modifying movements as necessary. This modified class also teaches effective breathing techniques. Participants may use chairs and/or mats.

**AOA Cycle**—Experience indoor cycling in a well-lit, friendly environment with fun music. The instructor will help participants with their bike settings before starting the 30-minute workout. Resistance can be varied individually on each bike, as needed.

**AOA Dance & Sculpt**— A low-impact aerobics segment challenges both brain and body with fun, easy-to-learn movement patterns set to music that spans several decades. Strength and stretching exercises follow to improve muscle tone, bone strength, balance and flexibility. New participants should arrive early to speak with the instructor about their individual fitness needs.

**Chair Fitness** — Set to music, this class offers a seated, non-impact aerobic segment, strength work with light hand weights and standing balance challenges (with a chair or the barre for support if needed) The benefits include improved bone strength, balance, coordination, and mind fitness. Non-members may join for a fee.

**Enhance Fitness**— A safe and fun way to stay fit! In this evidence-based fitness and arthritis management program, participants will work to improve balance, flexibility, bone density, endurance, and coordination. Each class includes an aerobic segment, basic strength and flexibility exercises. Chairs are used as needed. Registration is required for this program. Contact our Healthy Living Director, Lynne Zusi at [Lynne.zusi@hrymca.org](mailto:Lynne.zusi@hrymca.org)

**Qi Gong and Tai Chi**—These formats are easy on the joints and help to decrease stress while improving balance. See descriptions for these classes on page 4.

# Y Cycle Classes

Our indoor bikes have adjustable resistance so YOU can dictate the intensity of your workout. Arrive 10 minutes early to your first class so the instructor can help with bike set-up. All fitness levels are welcome. Many classes fill up so signing up ahead of time is strongly suggested. Members may call or stop by the front desk up to 24 hours prior to class in order to reserve a spot.

**AOA Cycle**—A 45-minute cycle class in a well-lit, relaxed environment with fun music and extra time devoted to bike set-up.

**Cycle 45**—A 45-minute class designed for all levels.

**Cycle**—A multi-level class—each instructor puts their own “spin” on it.

**Post-Thanksgiving Cycle** - An annual tradition here at the Y! Join Don the day after Thanksgiving for a fun-filled, sweaty workout—always with a special theme. This year, the class will be on Friday, November 24th at 7:00am. Theme TBA so keep an eye out for the flyers!

**Stages Power Cycle**—Learn how to use feedback from the Stages console to give your training the boost that it’s been waiting for. Take your cycling to the next level, great for beginners and experienced cyclists.

**Please refer to our Group Exercise schedule on Page 7 for days, times and instructors.**



Thursday	Class	Instructor	Room
6:00-6:55am	Cycle	Deb	C
7:00-7:55am	Energetic Yoga Flow	Michelle	S2
8:00-8:55am	Dance & Sculpt	Brenda	S1
9:00-9:55am	AOA Dance & Sculpt	Lynne	S1
9:00-9:55am	Cycle	Kay	C
9:15-10:25am	Bliss Flow Yoga	Beth	S2
9:15-10:00am	Cardio Circuit	Alicia	GYM
10:00-10:45am	Total Body Strength	Erin	S1
11:00-11:55am	Chair Fitness	Gliffy	S1
12:00-12:55pm	Embodyflow Yoga	Teresa	S2
2:00-3:00pm	Parkinsons Exercise (registration req)	Alicia/Erin/Mike	S1
4:15-5:10pm	Hatha Yoga	Anna	S2
5:30-6:10pm	Cardio Kickbox	Elaine	S1
6:15-6:45pm	Awesome Abs	Elaine	S1
6:00-6:55pm	Yoga Flow	Sarah F.	S2

Friday	Class	Instructor	Room
7:00-7:45am	Strength & Mobility	Luke	S2
8:00-8:55am	Mat Pilates	Alicia	S2
9:00-9:55am	Functional Strength	Rachel	S2
9:00-9:45am	AOA Cycle	Erin	C
9:05-9:50am	Dance Fitness	Lynne	GYM
9:05-9:50am	Tabata Fusion	Jennifer	S1
10:00-11:10am	Friday Yoga	Courtney	S2
10:10-11:10am	Enhance Fitness (registration req)	Lynne	S1
11:15-12:15pm	Enhance Fitness (registration req)	Joan	S1
5:30-6:25pm	Friday Night Flow Yoga	Sarah F.	S2
6:00-6:55pm	Zumba®	Krista	S1

Saturday	Class	Instructor	Room
7:30-8:25am	Stages Power Cycle	Don	C
8:30-9:25am	Gentle Yoga	Donna E.	S2
9:00-9:55am	Stages Power Cycle	Jo G./Rachel	C
9:00-9:45am	Interval Training	Aaron	S1
10:00-11:10am	Yoga Flow	Rotating instructors	S2
11:00-11:55am	Zumba®	Lynne	S1

Sunday	Class	Instructor	Room
9:15-10:10am	Alignment-based Yoga	Lois	S2
10:00-10:55am	Zumba®	Krista	S1
10:30-11:40am	Vinyasa Flow Yoga	Rotating instructors	S2
3:00-4:10pm	Restorative Yoga	Beth/Kathleen	S2

**\*Please note - The Y will close early on 12/24 and 12/31. We will have a modified class schedule on those days, to be posted in December.**

# Cardio and Strength

**Awesome Abs** – A 30-minute abdominal strengthening class for all fitness levels.

**Barre Sculpt**— This class is for all fitness levels. No Ballet experience necessary. Get a total body workout that increases lean muscle mass and burns calories with a low-impact format that protects joints. Using the ballet barre to perform small isometric movements set to music, target and tone specific muscle groups to achieve improved strength and flexibility.

**Body Weight Blast**—Utilizing strength supersets and cardio bursts, this class is entirely focused on body weight exercises. Use of the gymnastics equipment opens up a whole new way of working out! Train your body in all of the fundamental movements (push, pull, press, rotation), and have fun while doing it!

**Cardio Circuit** — This circuit training class consists of an easy-to-follow combination of high-intensity aerobics and resistance training set up in stations. A great workout that targets fat loss, muscle building, and heart-lung fitness.

**Cardio Kick**—A great cardiovascular workout using kickboxing combinations and athletic drills.

**Cardio Sculpt**—This highly-structured, methodical interval class incorporates both strength and cardiovascular conditioning to challenge participants, with mindful transitions between exercises to allow for time and space to maintain proper form.

**Chair Fitness** — This class offers a seated, non-impact aerobic segment, strength work with light hand weights and standing balance work (with a chair for support) The benefits include improved bone strength, balance, coordination, and mind fitness.

**Core Strengthening** — In this 30-minute class, participants will focus on strengthening the abdominals and back for better posture, increased strength and tone, and injury prevention. Body-weight and other props will be used. Everyone is encouraged to participate at their own level.

**Cycle**—See various class descriptions on the Cycling page.

**Dance Fitness**—This is an easy-to-follow, 45-minute exercise class that incorporates Latin rhythms, as well as moves from jazz, hip hop and basic aerobic dance. A wide variety of music makes this class fun for many different ages and abilities.

**Dance and Sculpt** — This class includes 30 minutes of cardio dance followed by 25 minutes of sculpting with free weights and stretching.

**Doonya Dance Fitness** – An easy-to-follow Bollywood-style dance fitness class.

**Enhance Fitness**— A safe and fun way to stay fit! Improve balance, flexibility, bone density, endurance, and coordination in this evidence-based, arthritis-friendly exercise program, . Each class includes low-impact aerobics, strength and flexibility exercises. Chairs are used as needed. Registration is required for this program—contact Lynne Zusi, Healthy Living Director at [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)

# Cardio and Strength

**Functional Strength** — This full-body strength-training class focuses on functional and core training to increase muscular strength, balance, and flexibility. The class emphasizes form and technique using dumbbells and various other props.

**H.I.I.T. & Sculpt**—An intense but shorter duration class that mixes harder work periods with periods of strength training and core work. HIIT gives your metabolism a kick, so you burn calories up to 48 hours post-workout. Participants are encouraged to work at their own level.

**Interval Training** – A challenging 45-minute body-weight workout designed to improve cardiovascular endurance, strength and balance, with modifications offered throughout.

**Mid-Week Body Blast**—This 45 minute class will help increase power and strength, challenge the core, and enhance cardio fitness. The exercises will change at the beginning of each month, allowing for easy tracking of individual progress. All fitness levels welcome and modifications will be provided.

**Strength & Mobility** – Mobility is strength! Joint mobility is an often-ignored area of physical health. Many of us are (muscularly) strong and flexible, yet don't intentionally challenge our range of motion. In this class, strengthen muscles and mobilize joints to stave off injury and stay agile. Balance and bodyweight strength sequences will also be incorporated. All levels are welcome, but participants should be without any active joint injuries and be comfortable in a squat position.

**Parkinsons Exercise Program**—A continuation program for participants from our APD program. Please contact Lynne Zusi, Healthy Living Director for more details.

**Step and Sculpt**— A challenge for both body and the mind. The first half focuses on cardiovascular fitness using movement patterns on the step. The second half focuses on muscular endurance and strength, using sculpting and functional strength movements for a total body workout.

**Tabata Fusion**—A Tabata sequence consists of 20 seconds maximum intensity exercise, followed by 10 seconds of rest, repeated 8 times. Intensity levels can be individualized so that all participants can experience the benefits of Tabata.

**Total Body Strength**—A total body strength training class with an emphasis on form and function, incorporating high and low levels of intensity and power bursts. A variety of equipment will be used.

**20/20/20**—This is a well-rounded class, accessible for many different fitness levels, consisting of 20 minutes warm-up and cardio drills, 20 minutes of strength training and 20 minutes of core conditioning and stretching.

**Zumba®**— Burn calories, improve stamina and have lots of fun with easy-to-follow, Latin-inspired dance combinations, with a sprinkling of other rhythms and dance styles from around the world. This class feels more like a party than a workout!