

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.
- 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) to get on the email list.

For water classes, contact our Wellness Director, Jennifer Allen, at [jennifer.allen@hrymca.org](mailto:jennifer.allen@hrymca.org) to get on the email list.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISE & SOCIALIZE

## Group Exercise

### Winter Session

January 2nd - March 3rd, 2019

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** — In this multi-level, supportive class, participants will 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.

**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.

**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.

**Friday Yoga for Every Body** — 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.

**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.

**Intermediate/Advanced Embodyoga** — 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.

## Deep Water Aerobics

**9am-9:45am: Monday, Wednesday & Friday**

**8:45am-9:30am: 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

**9:50AM-10:35AM & 10:40AM-11:20AM**

**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. No swimming skills required. Participants can wear a flotation belt for support.

**New participants should arrive 5 minutes 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. You can sign up for one class a day. 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. Participants may not enter class after the first 10mins of the start time.

**New participants should arrive 5 minutes 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)**



# Yoga Classes

## Power Hour

**12:10–1:00pm: 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

**9:05–9:55am Sunday**

**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 week with a good, total body workout!

**Large Pool**

**Slow Flow Yoga** - A mindful, alignment-based flow class that moves at a slower pace to both strengthen and open the body. In this class, participants may explore a variety of poses including standing poses, arm balances, inversions and backbends. Learning safe and skillful alignment of the body while moving with the gentle rhythm of the breath will be a key focus.

**Vinyasa Flow Yoga** - This flow class is a more vigorous practice that 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, backbends, as well as seated postures, may be practiced. Modifications are offered and the class is multi-level.

**Yin Yoga** - This is a very simple and quiet practice in which gentle postures are held for several minutes at a time to facilitate a deep stretch in the body. This offers the time and space for quiet contemplation and observation to tune-in and listen to what the body is telling us. Yin Yoga is a very nourishing and calming practice and a great balance for more active forms of movement.

**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 & Mindfulness**—A moderately-paced, mindful melding of yoga styles. Some flow sequences may be incorporated. Take care of your body, mind and heart in this yoga 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 yet useful for all levels, 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). Open to all levels.



## Arthritis Friendly

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

**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

**11:15-12pm: 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
9:00AM-9:45AM	Deep Water Aerobics	N	Large	Sign up Required
9:50AM-10:35AM	Deep Aqua Blast	N	Large	Sign up Required
10:40AM-11:20AM	Deep Aqua Blast	N	Large	Sign up Required
11:15AM-12:00PM	Aqua Arthritis	N	Small	Sign up Required
12:10PM-1:00PM	Power Hour	L/M	Small	
6:00PM-6:55PM	Power Hour	L/M	Small	
Tuesday	Class	Type	Pool	
8:45AM-9:30AM	Deep Water Aerobics	N	Large	Sign up Required
11:15AM-12:00PM	AOA Shallow	L/M	Small	
Wednesday	Class	Type	Pool	
9:00AM-9:45AM	Deep Water Aerobics	N	Large	Sign up Required
9:50AM-10:35AM	Deep Aqua Blast	N	Large	Sign up Required
10:40AM-11:20AM	Deep Aqua Blast	N		Sign up Required
11:15AM-12:00PM	Aqua Arthritis	N	Small	Sign up Required
12:10PM-1:00PM	Power Hour	L/M	Small	
6:00PM-6:55PM	Power Hour	L/M	Small	
Thursday	Class	Type	Pool	
8:45AM-9:30AM	Deep Water Aerobics	N	Large	Sign up Required
11:15AM-12:00PM	AOA Shallow**	L/M	Small	
Friday	Class	Type	Pool	
9:00AM-9:45AM	Deep Water Aerobics	N	Large	Sign up Required
9:50AM-10:35AM	Deep Aqua Blast	N	Large	Sign up Required
10:40AM-11:20AM	Deep Aqua Blast	N	Small	Sign up Required
11:15AM-12:00PM	Aqua Arthritis	N	Small	Sign up Required
12:10PM-1:00PM	Power Hour	L/M		
Sunday	Class	Type	Pool	
9:05am-9:55am	Deep /Shallow Water Combo	N	Large	

Small pool is closed from 12/24/18-1/7/19 -classes in the small pool will resume on 1/7/19

Signing up ahead of time is required for all Deep Water Classes. You can sign up for one class a day. 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. Participants may not enter class after the first 10mins of the start time.

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

## Group Exercise Special Events

### Family Fitness

Sundays at 1:00-1:45pm in S1

Free for Y members

Help your child develop healthy habits and learn that exercise can be fun! Recommended ages 6-11years, limit two children per parent/caregiver. Class is free but space is limited. Sign up at the Welcome Center up to 24-hours in advance to reserve a spot.

### Fire Up Your Yoga Practice with Intention

Sunday, January 6th at 1:15 - 2:15pm with Pati

Free for Y members - no registration required

Have you ever wondered what your yoga instructor means when they invite you to create an intention at the beginning of yoga class? This workshop will help you identify what your intentions are, whether big or small, and how to work with them to create more meaning and purpose in your yoga practice and for the New Year.

### Moving Along in Alignment-based Yoga (a workshop for intermediate/advanced students)

Sundays at 1:15 - 2:45pm with Lois

January 20th - Sarvangasana (Shoulder stand)

February 24th - Arm Balances

\$8 members/\$15 non-members

### Intro to Flow Yoga with Chandra

Sunday, February 3rd at 1:15 - 2:15pm

Free for Y members - no registration required

This workshop is for anyone looking to participate in a flow yoga class with more understanding of how to move from one pose to the next, safely and effectively.

## 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
9:00-10:10am	Intermediate/Adv.Embodyoga	Courtney	S2
9:00-9:50am	Step & Sculpt	Lynne	S1
10:15-11:15am	Enhance Fitness (registration req)	Lynne	S1
11:00-11:55am	Beginner Yoga	Danielle T.	S2
11:30-12:30pm	Enhance Fitness (registration req)	Joan	S1
12:05-12:45pm	Tai Chi Basics	Janet	S2
12:45-1:30pm	Tai Chi Short Form	Janet	S2
2:00-3:00pm	Parkinsons Cycle (registration req)	Alicia	C
5:30-6:25pm	Yoga Strength & Stretch	Brenda	S2
5:30-6:25pm	Zumba®	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
7:50-8:45am	Dance & Sculpt	Brenda	S1
8:50-9:45am	AOA Dance & Sculpt	Lynne	S1
9:00-9:50am	Cycle	Donna	C
9:15-10:00am	HIIT & Sculpt	Elaine	GYM
9:15-10:10am	Yoga & Mindfulness	Chandra	S2
10:15-10:35am	Meditation	Chandra	S2
10:10-11:00am	Functional Strength	Donna	S1
11:15-12:10pm	AOA Balance & Stretch	Donna E.	S1
12:00-12:55pm	Embodyflow Yoga	Sara	S2
12:15-1:10pm	Barre Sculpt	Jen P.	S1
4:15-5:10pm	Gentle Yoga	Ramsey	S2
4:30-5:25pm	Zumba®	Cindy	S1
5:30-6:10pm	H.I.I.T & Sculpt	Aylin	S1
6:15-6:55pm	Total Body Strength	Aylin	S1
6:00-6:55pm	Yin Yoga	Megan	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
9:00-9:50am	Mid-Week Body Blast	Season	S1
9:15-10:00am	Dance Fitness	Lynne	GYM
10:15-11:00am	Basic Cycle	Rachel	C
10:15-11:15am	Enhance Fitness (registration req)	Dolores	S1
10:15-11:25am	Yin/Yang Yoga	Megan	S2
11:30-12:30pm	Enhance Fitness (registration req)	Joan	S1
12:00-12:55pm	Qi Gong	Makani	S2
6:00-6:45pm	Cycle 45	Elaine	C
5:30-6:25pm	Vinyasa Flow Yoga	Danielle J.	S2
5:30-6:25pm	Zumba®	Holly	S1
6:30-7:25pm	Step & Sculpt (starts 1/9)	Laura G.	S1

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

**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 exercises and stretches follow to improve muscle tone, bone strength, balance and flexibility.

**Basic Cycle**—Experience indoor cycling in a non-competitive, relaxed environment with fun music. The instructor will help participants with their bike settings before starting the 40-minute workout. Resistance can be varied individually on each bike, as needed.

**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) Work to improve bone and muscular strength, balance, coordination, and mind fitness.

**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. Pre-registration is required —contact Lynne Zusi, Healthy Living Director at [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)

**Line Dancing** - A low-impact, easy-to-follow cardio dance class for a wide range of ages and abilities. Dance to a variety of music, like Broadway, country western and Motown. Work on improving coordination and balance in a fun, social atmosphere!

Other AOA-friendly classes include Qi Gong, Tai Chi, Functional Strength & Balance, Gentle Yoga and Barre Sculpt. We have many multi-level classes that can be appropriate for a wide range of ages and abilities. Plan to arrive a few minutes early for a new class to talk to the instructor about your individual needs. If you would like more guidance, feel free to email our Healthy Living Director, Lynne Zusi, at [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)

# 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. Your spot will be reserved until the class start time so please be on time, or early, to ensure you get a bike!

**Basic Cycle**—A 45-minute, all-levels cycle class offered in a relaxed, non-competitive environment with fun music and extra time devoted to bike set-up. Come ride with us at your own speed and make this workout what YOU need!

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

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

**Parkinsons Cycle Program**—An indoor cycling program designed for people with PD. Pre-registration and medical clearance is required. Contact Lynne Zusi, Healthy Living Director, for more details.

**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, suitable for both beginners and experienced cyclists.

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

**Seasonal cycle classes will be added in late October/early November.**



Thursday	Class	Instructor	Room
6:00-6:55am	Stages Power Cycle	Don	C
7:50-8:45am	Dance & Sculpt	Brenda	S1
8:50-9:45am	AOA Dance & Sculpt	Lynne	S1
9:00-9:55am	Cycle	Kay	C
9:15-10:25am	Slow Flow Yoga	Beth	S2
9:15-10:00am	Circuit HIIT & Sculpt	Ashley	GYM
10:10-10:55am	POUND® Fitness	Jennifer	S1
11:15-12:10pm	Chair Fitness	Gliffy	S1
12:00-12:55pm	Embodyflow Yoga	Sara	S2
2:00-3:00pm	Parkinsons Exercise (registration req)	Alicia/Erin	S1
4:15-5:10pm	Slow Flow Yoga	Pati	S2
4:30-5:25pm	Zumba®	Aimee	S1
5:30-6:10pm	Cardio Kickbox	Elaine	S1
6:00-6:55pm	Embodyflow Yoga	Teresa	S2
6:15-6:55pm	Total Body Blast	Krista	S1

Friday	Class	Instructor	Room
6:00-6:55am	Cycle	Deb	C
8:00-8:55am	Mat Pilates	Alicia	S2
9:00-9:55am	Barre Sculpt	Jen P.	S2
9:00-9:50am	Tabata Fusion	Jennifer	S1
10:15-11:25am	Friday Yoga for Every Body	Courtney	S2
10:15-11:15am	Enhance Fitness (registration req)	Lynne	S1
11:30-12:30pm	Enhance Fitness (registration req)	Joan	S1
5:30-6:25pm	Vinyasa Flow Yoga	Sarah F.	S2
5:45-6:40pm	Zumba®	Heather	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.	C
9:00-9:50am	Cardio/Strength Combo	Rotating instructors	S1
10:00-11:10am	Vinyasa Flow Yoga	Sarah F.	S2
10:10-10:55am	Functional Strength & Balance	Lynne	S1
11:05-12:00pm	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	Sarah M./Danielle J.	S2
12:00-12:55pm	Cycle	Martha	C
12:00-12:50pm	Line Dancing	Joan	S1
1:00-1:45pm	Family Fitness (see page 5 for details)		S1
3:00-4:10pm	Restorative Yoga	Beth/Kathleen	S2



## Cardio and Strength

**Barre Sculpt**— This class is for all fitness levels. No Ballet experience necessary. Increase lean muscle mass and burn calories with a low-impact format that works the whole body. Use the ballet barre or chair to perform small isometric movements set to music and work at improving strength, flexibility and posture.

**Cardio Kickbox**—A great cardiovascular workout using kickboxing combinations and athletic drills, set to motivating music.

**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, and mind fitness.

**Circuit H.I.I.T. & Sculpt** - A counterpart to the HIIT and Sculpt class, using a mix of high-intensity cardio with resistance training in a circuit style. You won't get bored in this class as you rotate through stations with different exercises. This is a total body workout that boosts metabolism, strengthens muscle, and enhances heart-lung fitness.

**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, similar to Jazzercise®, followed by 25 minutes of sculpting with free weights and stretching.

**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. Pre-registration is required — contact Lynne Zusi, Healthy Living Director at [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)

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

**Functional Strength & Balance** - Improve posture, strength, balance and body awareness mindfully with exercises that can be done seated or standing. Basic versions will be provided for each exercise, followed by progressions that can be incorporated over time as strength increases.

**H.I.I.T. & Sculpt**—An intense but shorter duration class that mixes challenging bursts of cardiovascular work with strength training and core exercises. HIIT gives your metabolism a kick, so you burn calories up to 48 hours post-workout. Work at your own level. Low impact options are also provided.

## Cardio and Strength

**Line Dancing** - A low-impact, easy-to-follow cardio dance class for a wide range of ages and abilities. Enjoy dancing to music from several genres and decades, like Broadway, country western and Motown. Work on improving coordination and balance in a fun, social atmosphere!

**Mid-Week Body Blast**—This 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.

**Parkinsons Cycle Program**—An indoor cycling program designed for people with PD. Pre-registration and medical clearance is required. Contact Lynne Zusi, Healthy Living Director, for more details.

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

**POUND® Fitness** - Unleash your inner rock star in this 45-minute cardio sculpt class inspired by the energizing, sweat-dripping fun of playing the drums. Work on upper body muscular endurance and core/lower body strength.

**Step and Sculpt**— A challenge for both body and mind. The first half focuses on cardiovascular fitness using movement patterns on the step. For the second half, participants work on muscular endurance and strength, as well as balance, 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 Blast** - This 45-minute class combines blocks of strength training with cardio intervals to build your muscles and get your blood pumping. This format is great for all levels, as there will be variations to suit each member's exercise needs and experience. Come get your sweat on!

**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 cool-down, 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!