

HRYMCA Group Exercise Class Descriptions

Updated November 23rd

At this time, face masks are required in all indoor group exercise classes.

*If you are a new member, please arrive a few minutes early – our instructors would like to meet you before class! Be on time for in-person classes. Registered participants may lose their spot to a waitlisted member if they are not in the studio at the class start time. If a class is full, no one is allowed into the studio once class has started.

Yoga and Pilates – bring your own mat to in-person classes

Friday Yoga for Every Body— This is an end of the week class designed to soothe and refresh a tired body. 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 Flow Yoga— Explore gentle movement while lying down and sitting up - with an occasional standing pose or two. Enjoy this calming, mindful practice to support you in relieving tension, easing your joints into movement, connecting with your breath, and feeling more centered and peaceful.

Mat Pilates - Taught by a certified Pilates instructor, this class is 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 Flow Yoga—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.

Moderate Vinyasa Flow 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 slower than a Vinyasa Flow format, as students learn to work safely and precisely, stretching and extending deeply.

Slow Flow Yoga - A mindful, alignment-based flow class that moves at a slower pace to both strengthen and open the body. 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. Additional poses and postures may include inversions, arm balances, and/or backbends. However, options are offered for different needs.

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

Cardio & Strength

AOA (Active Older Adult) 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.

Arthritis Exercise - A safe and fun way to stay fit! In this 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.

Barre Sculpt – No ballet experience necessary. Get a total body workout inspired by ballet with a low-impact formula that protects joints while improving strength, muscle tone, flexibility and alignment. Use a ballet barre, back of a chair or counter top to help maintain balance throughout class.

Cardio Barre – Get your heart rate up in this low-impact class that will help lengthen and strengthen your muscles, challenge your balance and improve posture and overall core awareness. Having access to a chair or countertop will be helpful for maintaining proper form during some movements.

Cardio Sculpt – A challenging cardio and strength combo class for those who love moving to music – without dancing. With each song, different combinations of athletic drills and strengthening exercises are designed to keep participants motivated and inspired while working at their own level.

Cardio Strength Combo – Get your heart rate up with a sustained 25-minute cardiovascular segment, followed by strength and balance exercises.

Cycle – Ride at your own speed, adjusting your own resistance along the way for a great cardiovascular workout in a group setting. The instructor will provide the music and the motivation. New participants should arrive 10 minutes early to get help with bike set up. All others arrive at least five minutes before the class start time to set up your bike. No entry once the class has started.

Dance Fitness – Work up a sweat in this easy to follow fitness 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.

Functional Strength – Improve posture, strength, balance and body awareness mindfully in this all-levels class. Basic versions will be provided for each exercise, followed by progressions that can be incorporated over time as your strength increases.

H.I.I.T. (High Intensity Interval Training) & Sculpt – An intense but shorter duration class that mixes harder work periods with 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.

Parkinson Cycle – Cycling in a group with a supportive coach has been proven to help improve functional movement and strength for those with PD. Pre-registration is required for this evidence-based class. Email Ashley.sabourin@hrymca.org for more information.

Sit To Be Fit – Join the group for a fun, energizing, stay-in-your chair total body workout to improve range of motion, strength, balance (yes, in chair!), and flexibility. Class includes dance fitness cardio warm up, isometric strength training, and end of session stretches. The class will be presented entirely in the chair but participants can stand at their own discretion. Come sit and be fit!

Strength – A short but productive workout that will get your heart rate up while working on muscular strength and endurance.

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.

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!

Zumba Gold® – This is a low-impact version of Zumba® specifically designed for those who love a good workout to fun music but at a more moderate pace.

Outdoor Classes - offered into mid-December, weather-permitting

*Those who are on the roster will be notified via email if a class is canceled.

Outdoor AOA Cardio Party - A low-impact aerobics class geared toward active, older adults with balance exercises and stretching, too! Meet on the upper parking lot off Woodlawn Ave.

Outdoor Cardio Dance - This early morning aerobic dance class will get your feet moving and heart pumping - a great way to start your day! Meet on the upper parking lot off Woodlawn Ave.

Outdoor Low Impact Exercise - This is a moderately-paced class with low-impact aerobics, balance exercises and stretching.

Outdoor Strong Nation - An interval class that combines body weight, kickboxing and plyometric moves synced to original music that has been specifically designed to match every move. Both low and high impact options are provided. Meet your instructor in the upper parking lot off Woodlawn Ave.

Outdoor Zumba® - see Zumba®

Virtual Group and Individual Wellness Activities

Nutrition Coaching – Sign up for a half-hour session with our dietetic intern to address your individual nutrition-related questions. Appointments are available via Zoom on Tuesdays between 1:00 – 5:00pm. Some evening appointments are available. Email Abby at ablichik@umass.edu to make an appointment.

Trivia Night – “Get together” with other Y members in the comfort of your home while you exercise your mind and have some laughs. Categories change each week and cover a wide range of topics from US History to Movies to Animals and so much more! Join as an individual or with a team. Email lynne.zusi@hrymca.org by 5:00pm each Wednesday to join in the fun. All Y members are welcome!

For weekly email updates regarding group exercise classes, email our Healthy Living Director, Lynne Zusi, at lynne.zusi@hrymca.org