

## **HRYMCA Group Exercise Class Descriptions – Winter 2022/23**

Reservations through Motion Vibe are strongly recommended for all Cycle classes, Friday Night Yoga Retreat, Step & Sculpt and Total Body Circuit due to limited equipment/props. For all classes, those who are registered will receive a notification if a class is canceled, or if there is an instructor change.

New to exercise? Start with a class marked with an \* and arrive a few minutes early so our instructors can help you get started!

**Yoga and Pilates** – bring your own mat.

**\*Beginner Yoga** – Designed for both beginners and experienced students, this class will focus on finding support and ease within postures. The instructor will allow extra time for explanation and exploration so that all participants can hone their skills in a safe, effective way. A variety of movements and poses will be incorporated, such as plank and downward-facing dog, as well as standing balance challenges like warrior and single-leg stands. Chairs and other props will be available as needed.

**Friday Night Yoga Retreat** – Different instructors teach a specialty format each week so that participants can experience a variety of yoga styles and instruction. This is a 70-minute, in-person only class. See details on Motion Vibe and HRYMCA Instagram and Facebook posts.

**\*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.

**\*Gentle Joints Yoga** – A gentle yoga class that incorporates stretching, balance, core strength and breath work. Poses and sequences will be mindful of joint limitations. Participate from a chair or a mat.

**\*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.

**\*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 finding a comfortable posture for meditating. Time for questions will be provided and participants will have a chance to meditate together in silence for 15 to 20 minutes. No previous experience is necessary. All levels and abilities welcome.

**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 in the vinyasa style of yoga, meaning a flowing sequence of movement and poses (asanas) linked with breath. While it is open to all levels, there are some vigorous elements included as options so this class is best suited to those free from injury and/or chronic pain.

**\*Qi Gong/Tai Chi** – Qigong is an ancient Chinese health-maintenance practice, the precursor to Tai Chi. Shown to improve balance and joint function, this format will incorporate simple movements from both practices that will synchronously calm and energize the mind and body.

**\*Slow Flow Yoga** – A mindful, alignment-based flow class that moves at a slower pace. Participants may explore a variety of poses including standing poses, arm balances, inversions and backbends. Focus on safe and skillful alignment of the body while moving with the gentle rhythm of the breath.

**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 Fusion** – A blend of Hatha, Iyengar-style, Ashtanga, and Yin yoga, taught using ancient yoga knowledge and complementary therapeutic knowledge. In each class, participants will experience waves of high energy, deep rest, and healthy movement. Each individual life grows faster in group coherence.

**Yoga Strength and Stretch** — This moderate-paced yoga class is designed to improve strength, flexibility, balance and concentration. Planks and lunges will be incorporated.

### Cardio & Strength

Be on time for classes requiring reservations. Registered participants may lose their spot to a waitlisted member if they are not in the class location at the class start time.

**\*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 virtual class, 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 Strength Combo** – A combination of aerobic challenges and strength exercises to address power, agility, balance and functional movement. Low-impact options are provided and the exact format varies each week and with each instructor.

**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. 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.

**\*Enhance Fitness** – A safe and fun way to stay fit! In this evidence-based fitness and arthritis management program, improve balance, flexibility, bone density, endurance, and coordination. Each class includes low-impact aerobics, basic strength and flexibility exercises. Chairs are used as needed. Pre-registration is required – email [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org) to get started!

**\*There is a virtual option for this class called Arthritis Exercise.** This class can be accessed by any Y member through the Virtual Fitness tab on our reservation system.

Family Dance Fit – Have fun, be silly and get moving TOGETHER in this 30-minute dance fitness class for all ages and abilities, offered monthly.

Family Fitness – For parents/caregivers and kids who want to get moving together with basic (but fun!) fitness drills and games that get the heart pumping and challenge balance, agility and brains!

\*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. Free for Y members but pre-registration is required for this evidence-based class. Email [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org) for more information.

Parkinson Exercise – This program incorporates research-based strength and balance exercises and stretches designed specifically for those with PD. Free for Y members but pre-registration is required. Email [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org) for more information.

Parkinson H.I.I.T. (High Intensity Interval Training)– Guided by a trainer, participants will move to different stations throughout class, doing various exercises with equipment such as dumbbells, bands, and a punching bag to help maintain or improve endurance, strength, balance and agility. Class will conclude with stretching and flexibility exercises. Free for Y members but pre-registration is required. Email [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)

Step & Sculpt – Challenge strength and stamina with 30-minutes of fun movement patterns on, off, over and around your step ((an adjustable platform 4”-6” high). After this aerobic workout, class will move to the floor for strength and balance work using dumbbells and other props.

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 Circuit – Participants move between ten different stations to work on endurance, power, strength and agility using a variety of equipment. Everyone works at their own pace for a specified block of time. Exercises and music change monthly. The instructor will provide guidance throughout class but it’s helpful to arrive early to review the exercises before the start of class.

Y Strong – A moderate-intensity, multi-level strength class using dumbbells and bodyweight – improve muscular strength, endurance and balance through basic movements set to upbeat music. Options are offered to challenge many different fitness levels.

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!

Outdoor Classes – offered seasonally, weather-permitting on our parking lot, outdoor basketball court or lawn.

Outdoor Dance Fitness – Same as Dance Fitness but lower-impact and in the fresh air!

\*Fitness Walking – Get connected with a walking group that’s right for you! Email our Healthy Living Director to get on an interest list: [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)

Recreational Running Group – Get connected with a running group that’s right for you! Email our Healthy Living Director to get on an interest list: [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org)

For weekly email updates regarding group exercise classes, email our Healthy Living Director, Lynne Zusi, at [lynne.zusi@hrymca.org](mailto:lynne.zusi@hrymca.org) to get on the list.