

HRYMCA Group Exercise Class Descriptions – Late Fall 2023

Reservations through Motion Vibe are 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.

Yoga and Pilates – bring your own mat.

Classes below are appropriate for those new to yoga and/or those seeking a gentle practice.

Yoga Foundations– Designed for both beginners and experienced students, this class will focus on finding support and ease within postures. There will be 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 – Our instructor team takes turns offering a different format each week. These classes tend to be slower-paced and helpful to all who want to wind down with a mindful practice at the end of the week. This is also a great way to sample different teaching styles!

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, sitting up - with some standing poses too! 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 – Improve flexibility, core strength, and range of motion while reducing stress in this yoga class designed to be easy on the joints. This class can be done entirely seated in a chair but standing and mat options will be offered for several poses. Chairs are provided.

Mat Pilates – Taught by a certified Pilates instructor, this class is multi-level. Develop an awareness of your body's core (abdominals and back), and learn how to safely and effectively strengthen these muscles for better balance, posture, body awareness and injury prevention. Options are offered for different levels.

Classes below are appropriate for those seeking a more vigorous, challenging practice.

Mindful Flow Yoga—A moderately-paced, mindful melding of yoga styles. Some flow sequences may be incorporated. This class aims to connect your mind, body and spirit so you can step off your mat with a greater sense of ease.

Moderate 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.

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

Other Mindful Practices

Meditation – Meditation is simple and easy to do and has lasting benefits to both the mind and body. 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.

Qi Gong/Tai Chi – Qigong is an ancient Chinese health-maintenance practice, the precursor to Tai Chi. As meditative movement practices, Qigong and Tai Chi relax and enliven the body, while calming the mind. Through mindful exercises and gentle movements, we focus on physical alignments, posture, balance, breath work and energy cultivation. Chairs are available.

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.

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

***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.

***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 Dance Party – Get your groove on in this high-intensity class with fun music, aerobic exercise, footwork, and coordination. Inspired by disco, jazz, and funk movements with some modern pop elements, participants will learn to find their own groove in a judgement-free community. Come with an open mind! No previous experience required. Participants are encouraged to work at their own level.

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 a mixture of Latin rhythms, jazz, hip hop, basic aerobic dance and athletic movements. A wide variety of music makes this class fun for many different ages and abilities.

Family Dance Fit – Parents and caregivers can enjoy moving and grooving with their kids in this high-energy, fun-filled class.

***Fit for Life** – A safe and fun way to stay fit! Participants will work to improve endurance, balance, flexibility, bone density, and coordination. Each class includes low-impact aerobics, basic strength and balance exercises, ending with gentle stretching. Chairs are used as needed.

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.

Joy Ride – Pay no attention to your power meter, listen to your body and let the music move you in this high-energy cycle class that feels like a party on a bike! Just show up and the rest is easy. Music themes will change regularly and requests are encouraged! Ride for 35-minutes, stretch for 10.

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 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 for more information.

Parkinson H.I.I.T. (High Intensity Interval Training)– 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

Dance for Parkinson's – Experience the joy of movement in this class designed for people with Parkinson's and their care partners. Participants will access their creativity within a supportive community of movers. Classes incorporate seated warm-ups with standing and locomotor movement that can also be adapted for seated movers. Free for Y members but pre-registration is required. Email 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.

Strengthen & Stretch – Work mindfully on improving strength, balance and flexibility through movements inspired by yoga and Pilates. The pace is slow so that attention can be paid to form and alignment.

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.

***Total Body Strength 1 & 2** – Improve upper and lower body strength, as well as core strength, balance and overall body awareness in these classes. Level 1 is taught at a slightly slower pace and is a good place to start. Level 2 is more vigorous, while still providing options for 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!