



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Greendale Family Branch Group Fitness Class Descriptions

**Aqua Fit**—Have a blast, get strong and save your joints! You'll move in the water to great music while getting a full body workout. Foam weights are provided.

**Aqua Zumba**—Combines Zumba Rhythm and dance with a pool party for an invigorating workout.

**Athletic HIIT**—This class is geared toward the hard core individual who likes a tough workout. High bouts of intense sports specific moves followed by intervals of strength exercises to give you a total body workout. Join coach Sy as he takes you to the next level.

**Black Light Spin**—**(This class will run when the bikes are returned to the Spin Studio in November.)** Join our party-on-a-bike format that uses black lights and heart pumping music.

**Cardio Combat**—Non-stop combination class with kickboxing, power cardio, and strength training for the whole body. Join the fun!

**Core Foundations**—**(Fee Based 9/7/2022–9/28/2022)** This 4 week program focuses on basic principles of core training and overall body strength. The program will progress with new exercises each week to increase and challenge your body with positive results

**Cross Train Gains**—Have fun with a variety of exercises and intensity, choose the level that works for you. This class uses a combination of great moves and equipment. A great full body workout!

**Cuts and Curves**—Have fun and build muscle in this 45 minute class utilizing body weight with rubber tubing and bands.

**Cycling**—Indoor cycling where the focus is on endurance, strength, and high intensity to bring your fitness to the next level.

**Dance & Tone**-A fun class that uses dance moves for a great cardio workout. This is a low to mid impact class with options for higher energy moves.

**Deep Water Burdenko**-This class offers a non-weight bearing environment in the pool where exercises are based on everyday movements and promotes rehabilitation and/or conditioning training.

**Dirty 30**-This 30 minute class is guaranteed to strengthen your core by focusing on isometric and active exercises.

**Essential Flow**-New or seasoned practitioners of Yoga will incorporate breath into each movement. Practices include guided meditation to calm your mind, gentle-flow yoga to balance your body, and pure aromatherapy to enhance your experience. You'll leave feeling refreshed, centered, and balanced.

**Fit N' Fun**- This class challenges your cardio-respiratory and muscular strength in alternating interval segments. It will enhance your functional fitness level. Mat work for strength and flexibility wraps up the class. Different levels of difficulty demonstrated during each class.. You choose what is best for your body to do. This class will accommodate all various abilities.

**Flex Connection**-Relax and unwind your mind and body with smooth flowing Pilates/Yoga poses designed to build strength, range of motion, and increase flexibility. All levels welcome.

**Gentle Inclusive Yoga**-Join Jim G for a slow paced Yoga class that is easy and rejuvenating for all members. This class accommodates all various abilities.

**HIIT**-All HIIT classes are rigorous interval training with high intensity exercises designed to increase cardio and muscular strength and endurance. The classes included are **HIIT the Deck, and HIIT Zone.**

**HIIT and Run**-(**Fee Based**) Time to mix it up and challenge your body with this interval based training. Weights and sport drills will be done on the treadmill. Walk or run, this class is great for all levels. This total body workout will make you sweat.

**LIVESTRONG® at the Y**-Our 12 week program for Cancer Survivors. Ask for Barry at the front desk.

**Mobility LIIT**-A high intensity, low impact class that will challenge all of your muscles to become strong and more defined.

**Now and Zen**—Come and make your day stress free with calming music, stretching, some light strength work and end with aroma therapy by using essential oils.

**Parkinson's Class**—A class geared toward members with Parkinson's condition. Ask for Paula at the front desk.

**Pilates**—A system of exercises designed to improve physical strength, flexibility, posture, and enhance mental awareness.

**Power Pump (Fee Based)**—A fast-paced barbell workout that is specifically designed to keep you motivated with music and instructional coaching. Goals to get lean, well defined muscles and become stronger can be attained quicker than doing workouts on your own. Come and try this amazing and new workout!

**Rowfit**—This dynamic class consists of using both the Rower & Resistance Training at different percentile intensities and speed ranges. The variety and intensity will make your body's metabolism rise! Come try this incredible workout. You'll be happy you did.

**Silver Sneakers Circuit**—Stay in shape with low-impact, chair assisted, options of cardio and muscle conditioning that can be done at any age.

**Silver Sneakers Yoga**—Work your breathing, balance, flexibility and strength using flowing moves in a chair and standing while using the chair for assistance.

**Step by Step**—We're bringing it back! Join Linda K for a great high/low workout using choreographed and easy to follow moves on the step bench. Let's sweat!

**Spin Fusion**—Enjoy the benefits of cardio and strength training in this fast-paced and fun indoor cycling class.

**Step HIIT**—Aerobic step class that takes advantage of the high intensity benefits of HIIT training. It's all out, intense, and fun!

**Strength and Core**—Strictly strength based (no high intensity moves) Utilizes a combination of exercises for increased heart rate, unilateral work to engage the core, and a focus on establishing good foundational movement patterns to improve strength.

**Stretch, Flex, Reset**—Join Jacob for an all over stretch for the whole body. All levels are welcome!

**Tarsha's Tabata**—This class implements the highly effective Tabata style way to work out by working hard for 20 seconds and resting for 10 seconds for 8 cycles. A sure way to fire up your body!