



## **CLC YMCA GROUP EXERCISE CLASS DESCRIPTIONS DECEMBER 2025**

### **CYCLING (All Levels)**

Experience an excellent cardiovascular workout as you pedal through hill sprints and many other challenging drills on our indoor cycling bikes.

### **CYCLING & CORE (All Levels)**

Experience an excellent cardiovascular workout as you pedal through hill sprints and many other challenging drills on our indoor cycling bikes. Ends with a core challenge!

### **FLEX & STRETCH (All Levels)**

This 45-minute class is a low-impact, full-body workout that combines elements of yoga, tai chi, and pilates to enhance flexibility, mobility, strength, and mental well-being.

### **HATHA YOGA (All Levels)**

A great opportunity for all to discover yoga and deepen your practice. Emphasizing proper form and learning modifications to meet you at your own level.

### **HIIT (All Levels)**

Get fit fast! This high-intensity interval training class combines calisthenics, plyometrics, and bodyweight exercises in cardio intervals. You'll do exercises in timed bursts with short recovery periods. The goal is to reach an anaerobic state, increasing metabolism for 24–72 hours after the workout.

### **HIIT THE TRACK (Int-Adv)**

Get your heart rate up with this high-intensity interval training on the track. Combine run/walk intervals with full-body exercises to get a total body workout.

### **LEGS & CORE GALORE (All Levels)**

Get an intensive lower body workout using kettlebells, dumbbells, barbells with the step or BOSU. Quad/glute/hamstring targeting for 30 minutes with 15 minutes to hit the abs.

### **LIVING FIT (All levels)**

Combine elements of fitness with a total body workout for active older adults using free weights. The instructor will emphasize work on your core, form, and posture. Get ready to sweat!

### **PILATES (All levels)**

Work on proper alignment, control, precision, centering, concentration, breathing, and movement. Strengthen your "core"—abdominals, pelvis, back, shoulders, and buttocks to tone your body.

### **PIYO (All levels)**

Build strength in this low-impact, music driven class that blends traditional fitness moves with a fusion of yoga and pilates. The first half features a cardiovascular segment, followed by a yoga flow designed to improve flexibility, mobility, balance, and mindful movement.

### **STRENGTH & CORE (All Levels)**

Get fit fast! A full-body workout that is designed to challenge you at your fitness level. Utilizes weights and ends with core!

### **STRENGTH TRAINING (Int-Adv)**

Get energized for the day with this high-intensity, full-body workout! Using a mixture of bodyweight, kettlebells and free weight exercises, you need to bring your all!

### **STRENGTH IN ENDURANCE (All levels)**

Build muscle strength and endurance in this 45-minute total body workout. You will build muscle using high repetitions and low weights.

### **TABATA STRENGTH (Int-Adv)**

Using a variety of exercises and methods for this training, you'll be targeting major muscle groups for a whole-body workout. Tabata will make you lean and strong through short bursts of peak effort using the 2:1 work/rest ratio.

### **TOTAL BODY CHALLENGE (Int-Adv)**

Focus on balance, coordination, and cardiovascular endurance with this full-body workout. Challenge yourself with cycling, interval training, weights, bodyweight resistance moves, and track workouts.

### **VINYASA YOGA (All levels)**

Classic Vinyasa class structured around moving with breath. Find ease of movement through poses focused on balance, mobility, and strength.

### **YIN YOGA (All levels)**

Unwind and restore with Yin Yoga. This slower-paced class uses long-held postures to release tension, increase flexibility, and calm the nervous system. Perfect for anyone seeking balance, recovery, or a mindful midweek reset.

### **ZUMBA® (All levels)**

Even if you haven't danced in years, Zumba® will get you out on the floor. This wildly popular Latin-inspired class combines all fitness elements – cardio, muscle conditioning, balance, flexibility, and boosted energy. With high-energy music and synchronized dance movements.

### **ZUMBA® GOLD (All levels)**

These classes are for active older adults and beginners who are looking for a modified, easy-to-follow Zumba® class that still uses all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

### **FOUNDATIONS YOGA**

Ideal for beginners or anyone wanting a refresher. Learn key poses at a relaxed pace with time for questions and modifications. Each week builds on the last and ends with Yoga Nidra – a deeply relaxing reset for mind and body.