

## **Russell Creek Family YMCA Group Exercise Class Descriptions**

### **Active Older Adults:**

This class is especially designed for older adults combining low impact aerobics with strength and flexibility training in a fun, social setting. All adults and levels welcome!

### **Boot Camp:**

This class is a challenging workout filled with sports conditioning, drills, strength training and more! You will love this intense class!

### **Cardio Combo:**

This class offers an excellent workout through various cardio formats including high and low impact aerobics, step, circuit, and intervals! You won't get bored in this high energy class! All levels welcome!

### **Cardio Kickboxing:**

This class includes basic kicks and punches as well as challenging kick and punch combinations. This is an exciting, fast-paced class that will get your heart rate up! All levels welcome!

### **Core Express:**

Think you don't have time to exercise? No more excuses. Core Express is a short, 30-minute class that will help you strengthen your "core" muscles (abdominals, lower back, gluteus and hips) through a series of low impact exercises. All levels welcome!

### **Indoor Cycling:**

Looking for something new and challenging? Come try this ultra calorie burning class! Take a 60-minute spin on our Johnny G cycles for a fun, high energy workout! Limited to first 15 participants. All levels welcome!

### **Teen Indoor Cycling:**

This is a special class designed specifically for 12-18 year olds. Come join us for a high energy 45-minute class with music that teens will love! Limited to the first 15 participants. All levels welcome!

### **Family Fitness:**

This class is an excellent way for your family to get your exercise in while spending quality time together! Utilizing a circuit format, your family will get a great cardiovascular and strength workout in one! Bring your family or come on your own. Don't miss this one! All levels welcome!

### **Flex:**

This class is a challenging weight training class utilizing adjustable barbells to fit your strength level. This class will help you increase your muscle tone and lose fat! All muscle groups are worked to fun, motivating music! This is a great Coed class! Limited to first 20 participants. All levels welcome!

### **Pilates:**

This class is a slow moving format focused on strengthening the core muscles as well as improving flexibility, muscle balance, and posture. Take time to make pilates a part of your schedule for a well-rounded exercise program! All levels welcome!

### **Pilates Ball:**

In this class, each participant will use a resist-a-ball to perform pilates exercises to help strengthen the core muscles! Limited to the first 20 participants. All levels welcome!

### **Run Club:**

This is a great class to join for a refreshing outdoor run! Meet in the front lobby to head out with your Run Club instructor for a fun, group run! All levels welcome!

### **New Body:**

This class utilizes low impact aerobics for a great cardiovascular workout. This class is designed to be gentler by taking out the high impact moves such as jumping or jogging! All levels welcome!

### **Sports Conditioning:**

This class is a high energy, high intensity, sports-based class focusing on fitness using sports related drills. All levels welcome!

### **Yoga:**

Learn various postures breathing exercises and relaxation techniques while increasing your flexibility and muscle tone. All levels welcome!