Group Fitness Class Descriptions

20/20/20	20/20/20 is a class designed to meet your cardio, strength, and core needs. We'll spend roughly 20 minutes of each (cardio, strength, and core), all set to awesome music. This class is known as your "One Stop Shop". For all fitness levels. This is a 60-minute class.
Aqua Fit	Aqua Fit is our water aerobics class for all ages and fitness levels in our pool. Class is a 50-minute group fitness session performed vertically in waist- or chest-deep pool water that combines cardio and strength training to music. You do not need to know how to swim, because your feet stay on the pool floor and your head stays above water. Some class may involve deep water exercise, but this is optional.
Aqua Zumba	Aqua Zumba is a water-based fitness class that combines Zumba dance moves with the resistance of water. It is a fun and energetic way to get a workout while enjoying the benefits of water immersion. Aqua Zumba is a 50-minute class.
Barre	Barre is a total-body workout that integrates inspiration from Ballet Technique as well as Yoga, and Strength. Students will work to improve posture and alignment, mobility, flexibility, balance, strength, stability, and metabolic health. This is a strength-based class for all fitness levels.
BODYPUMP	This workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP is THE REP EFFECT™, a breakthrough in fitness training focusing on high reps with low weight. This is a strength class for all fitness levels. Beginners are recommended to start at a lighter weight and arrive 10 minutes early for set up and tips from the instructor. BODYPUMP classes are held on the northside our GYM. BODYPUMP is a 60-minute class.
Body Sculpt	A great way to define and sculpt lean muscle. This class uses weights to tone and strengthen your entire body. This is a strength class for all fitness levels. Body Sculpt is a 45-minute class.
Cardio Blast	Cardio Blast combines traditional kickboxing and HIIT moves with intense intervals for an unbelievable calorie burn. You'll have a blast learning hard hitting combos in one of our most empowering classes. This is a choreographed cardio class with options given for beginners to advanced. Cardio Blast may also include Tabata style drills as well as strength and core training. Cardio Blast is 50-minute class.
Forever Well – Strength & Cardio	Forever Well Strength & Cardio is designed for active adults ages 55 and older. You will use weights, balls, and bands to tone and strengthen your entire body as well as perform sections of cardio. Class offers options for sitting. This class great for active older adults, but is also great for anyone new to exercise. Forever Well class is approximately 50-minutes long.
Fun Fit Friday	Fun Fit Friday with Kathy and the Early Bird Crew is a mix of intervals, relays, inside/outside, cardio, strength, games, and core work. For all levels of fitness. Come ready to have fun and be prepared to go outside in the summertime. This is an approximately 60 minute class.
Group Cycle	Group Cycle involves various cycling drills that offer an exhilarating cardiovascular workout. A variety of styles and music that you can make your own and have fun all while challenging yourself with each sprint, climb, or interval. This is a cardio class with options given for beginners to advanced. Cycle express is a shortened version of this class, usually around 30 minutes long. Longer versions of this class are 45 minutes.
HIIT	This High Intensity Interval Training (HIIT) class provides the support of group motivation to challenge you to work towards your highest potential and unleash your inner athlete. This is a cardio class with options given for beginners to advanced. May also include elements of strength training throughout the class. HIIT classes are 45-50 minutes long.
Line Dancing	Line dance is a form of dance in which memory and execution come together**.** Dancers learn basic steps,

	rhythms and routines choreographed to music, thereby improving memory and balance. This is a beginner cardio-based dance fitness class with little to no impact. Beginner Line Dancing is a beginner's version of this class. We'll take things a little slower and break it down for you. Line dancing is a 50-minute class.
Pilates	Pilates is a 45-minute class that focuses on core conditioning. Movements concentrate on controlling the "powerhouse" muscles, from your shoulders to your hips, while toning, firming, and strengthening your entire body. This is a stretch and core strength-based class for all fitness levels.
PiYo	PiYo is a mix of Pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility. This total-body workout is designed to strengthen small muscles (triceps, shoulders, biceps, calves) and large muscles (hamstrings, back, chest). This is a strength-based class, sometimes with cardio bursts for all fitness levels. PiYo is approximately 45-50 minutes long.
Strength & Conditioning	Strength and Conditioning training involves a wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance. For all fitness levels with options given for beginners to advanced. About a 60-minute class.
Stretch & Flex	Stretch & Flex is a class based on yoga and Pilates based exercises and stretches that use primarily your own body's weight and resistance to engage and lengthen muscles for better rotation and mobility. This is a non-impact type of class that is mostly done on a mat with bands or blocks. Great before or after other classes to loosen up and get better flexibility and small muscle/core strength. For all fitness levels, approximately 50 minutes.
T'ai Chi & Qi Gong	These body movements work to improve balance, breathing capacity and circulation while strengthening connective tissue and core muscles. Qigong is called moving mediation as the practice relaxes the mind, strengthens the body and uplifts the spirit. T'ai chi styles include tiger form and western style short form. Beginners are always welcome. This is a mind and body class that focuses on balance for everyone. A 60-minute class.
TRX	Labeled as "the perfect workout for everyone" - TRX, or Total Body Resistance Exercise, is a revolutionary training method using bodyweight! TRX classes focus on building power, strength, flexibility, balance, mobility, core and joint stability... all at the intensity you choose. Come experience one of the best total-body workouts you've ever had! Weekly classes will be held Monday 6:15-7:00 pm & Thursday 4:00-4:45 pm. Held in the Fitness Studio. TRX is now a FREE offering.
Yoga Classes	A mind and body class for stretching and relaxation as well as body awareness. Instructors will talk you through positioning as you learn each stretch and pose. For all fitness levels with options given for beginners to advanced. Our yoga classes are 50-60 minutes long. **Beginner Yoga** is back to basics Beginner Yoga. The perfect class if you are new to yoga or are an experienced student who wants to revisit the basics and explore ways to deepen your practice. Benefits include gaining a clear foundation and understanding of yoga to prepare you for future classes. Improve strength, flexibility, balance, and body awareness. Reduce stress and anxiety. **Gentle Yoga** is a beginner yoga class geared towards new yogi's, all are welcome. **Chair Yoga** is your seat to wellness. Great for all levels and the option to use the chair as well as the mat on the floor are both welcomed. Stretching, relaxation, and body awareness instruction is primarily done from the chair with options for mat work as well.
Zumba	"Ditch the Workout, Join the Party" for a fun, joyful class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Belly Dance, Flamenco, Samba, Reggatone, Hip Hop, and popular music. For all fitness levels. Our Zumba classes are 50 minutes long.

- If you are new to a class or have any questions, please talk to the instructor prior to the start of the class.

- Classes are held in the Clara Barton Room, Fitness Studio, Gym, Pool, or Personal Training/Group Cycling Studio. **Please check the schedule for the location of your class.**
- It is recommended you bring your own mat, water bottle, and sweat towel.
- Clean, proper footwear is required for all classes with the exception of barefoot classes such as Yoga & Pilates.
- Ages 10-15 may attend classes with an adult and OR at instructor discretion and/or parent discretion. BODYPUMP and Group Cycle are *recommended* for age 14 and up OR at parent and/or instructor discretion.
- Questions on our Group Fitness classes, please contact our Fitness & Wellness Director, Jackie Goyette jgoyette@winonaymca.org
- Rooms are available for set up 10-15 minutes before the start of your class
- AquaFit Classes are also found on our Pool Schedule
- We only cancel classes when absolutely necessary
- Sign up to receive email notifications of class cancellations at www.winonaymca.org/about-y