

## Group Fitness Descriptions

**ARMED & DANGEROUS**-- Total UPPER body workout in 30 minutes utilizing ONLY a variety of equipment.

**BARRE FUSION** -This workout creates a uniquely lean, firm, sculpted body by combining the principles of isometrics, the body-elongating practice of dance conditioning, quickly and safely reshapes and elongates muscles

**BOOT CAMP** – A challenging class that incorporates multi-impact moves, plyometrics, toning, drills, and various other equipment.

**BOXFIT** - The perfect combination of cardiovascular and muscle training. You'll burn more calories, develop and tone more muscle in a boxing workout more than you will with any other training method. Be fit like a boxer!

**BOX HIIT** workout combines some of the favorite moves of boxing with a high intensity interval training bodyweight set that will push your body to its limit.

**BOXSCUPLT** - Roll with the punches and use a combination of both classic and modern boxing techniques to shape, sculpt and tone your upper body to perfection

**CARDIO LITE** – Low impact cardio workout, followed by strength conditioning exercises tailored for **Mature Active Adults** and a variety of combinations.

**CIZE** - It's dance. It's sweat. IT'S THE FUTURE OF EXERCISE. CIZE is professional dance for everyday people. This isn't one of those dance workouts where you just shuffle your feet to the beat, it breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance!

**Core Fusion** - A combination workout keeping your core working!

**EXTREME FIT**- This fast-paced, circuit-style class uses various excises that will cause muscle confusion so the body won't get bored of the same old routine!

**EXPRESS SPIN** - A fast paced spin class done with 25 mins!

**FAMILY YOGA** - Have fun with family yoga, focusing on strength, flexibility and stress relief!

**FOAM ROLLING AND STRETCH** - This class incorporates both stretching and self-myofascial release of trigger points in the muscles with foam rolling.

**FOREVER FITNESS**-- Remember when range of motion, flexibility and balance was easy? This workout will take you there again with exercises that enhance muscular endurance, functional strength and flexibility.

**INSANITY**-- Find out what you're made of! If you want an insane body, it's time to do something crazy. Get insanely shredded!

**KICKBOXING** – The ultimate cardio challenge. A high intensity workout using punches, kicks, hooks and a variety of combinations.

**MEDITATION & YOGA** – Combination of basic breath meditation along with Metta as well as traditional yoga techniques.

**P90X** – Workout with a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work and more! Using muscle confusion, P90X constantly switches things up!

**PILATES BURN**- Mat exercises using Pilate's techniques. Improve strength, flexibility, breathing and balance while burning calories! **Please bring a sticky mat to class.**

**PIYOGA** uses a 4 part plyometric interval system which implements yoga as an active recovery,into the next fitness level.

**POUND** – A pilates based program, with a combination of cardio and strength with "constant simulated drumming." Yes, as in with drum sticks.

**SPIN** - A challenging group cycling class. Instructors will utilize various training techniques and motivational strategies to simulate actual outdoor riding experience.

**STEP & TONE** – A great cross training class that combines step segments with toning exercises to get your body guessing and keep your workout interesting!

**STRENGTH & BALANCE** -Improve your posture and increase your strength and stability.

**TAI-CHI** – reduce stress and anxiety and also increase flexibility and balance.

**TOTALLY ABS** – 30 minutes of core work only!

**TOTAL BODY**-- Workout using weights, body bars, balls, bands and more! This workout promotes muscular endurance, strength, flexibility and proper body alignment

**VINYASA YOGA**- Intermediate class linking movement with breath and bringing awareness to the body. Incorporating balance, flexibility and strength to develop a deeper practice and truly experience the strength and power of the poses. . **Please bring a sticky mat to class.**

**WALK & TONE** – A total body workout that incorporates **vigorous walking** with various balance, stretching, endurance and toning drills. Various equipment will be utilized!

**YOGA**--This class explores asana alignment, vinyasa flow, proper breathing and relaxation. Build core strength, flexibility and balance of mind and body. **Please bring a sticky mat to class.**

**YOGA Meditation** – A combination of yoga moves with variations of meditation techniques.

**ZUMBA** – Zumba is a Latin dance inspired cardio workout. High Energy, motivating music and unique moves!

**20/20/20-20** minutes of cardio, 20 minutes of toning and 20 minutes of abs/stretching, you couldn't ask for a more total body workout.

- **ZUMBA GOLD**-- This Zumba class is designed with the **Mature Adult** in mind. Burn Calories and have fun!
- **ZUMBA TONE** – Zumba Latin Dance class which incorporates the use of lightweights or "toning sticks".

- **Classes, times and instructors are subject to change and or cancellation.**

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