



## YMCA OF GREATER MONMOUTH COUNTY GROUP FITNESS CLASS DESCRIPTIONS

**20/20/20** – The ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and core work.

**AQUA ARTHRITIS** – Gentle functional movement with components of flexibility, cardio, strength & balance mixed in.

**AQUA BOOTCAMP** – A fun challenging class that combines cardio and strength training segments, using your own body to create resistance.

**AQUA SCULPT** – a Full body workout in the shallow water. It is a mix of cardio, strength and conditioning using aqua barbells and pool noodles for aqua resistance

**AQUA FIT** – A great aerobic workout while toning muscles and improving flexibility and coordination.

**AQUA TABATA** – High intensity interval training that provides short bursts of cardio separated by brief periods of rest in between each exercise. Guaranteed to burn through fat and calories.

**AQUA ZUMBA®** – Water-based workout integrating the Zumba® formula & philosophy with traditional aqua fitness. Exercise movements include hamstring curls, Zumba® shuffle, kicking, twisting, and clapping. The levels can be modified based on your own pace/in- tensity.

**BARRE** – A workout class combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training.

**BOOTCAMP** – A combination of cardio and strength that will keep you on your toes! Every class is different. From intervals to sprints & strength exercises, your instructor becomes a drill sergeant challenging you to new heights!

**BUTTS AND GUTS** – Low impact class designed to tone the lower extremities, glutes, and core.

**CARDIO BOX** – The perfect combination of cardiovascular and muscle training. Designed to burn more calories, develop, and tone muscle in a boxing workout.

**CHAIR YOGA** – For our older adult population; this is a gentle class incorporating a range of movement exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve sense of well-being. A chair-supported base.

**CORE MAX** – For all levels of fitness. A 30 min. stabilization and power core class that will work your glutes and legs as well.

**CYCLING** – Motivating instructors and energizing music will give you an outdoor ride experience in a class setting. Learn to achieve your target heart rate and improve cardio fitness.

**DEEP H2O AEROBICS** – A high intensity, low impact aqua class, held mostly in the deep end of the pool. Must be comfortable with a flotation belt.

**FAMILY ZUMBA®** – All the Latin flare of Zumba® with family-friendly dance moves. A great way to come out and have some fun with your kids. All ages welcome, and kids under the age of 13 must be supervised by a parent/guardian.

**FLOOR, CORE AND MORE** – Addresses core strength, muscle endurance, range of motion/flexibility, joint stability, balance, coordination and more.

**FOREVER FITNESS** – Low-impact aerobics fused with light weight training and balance exercises. Open to all ages and abilities

**HIIT** – (High-Intensity Interval Training) One of the best ways to improve your fitness! In this class you will work hard at your level alternating between intense burst of activity and less intense bursts of activity.

**INSANITY®** – Involves high-intensity interval body weighted workout.

**LES MILLS BODY PUMP®** – A barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight room exercises to get great results.

**LES MILLS GRIT®** – An intense 30-minute HIIT class consisting of three formats: cardio, plyometric, and strength. These programs are designed to train you like an athlete for tremendous results.

**LES MILLS BODY COMBAT®** – A CARDIO BASE class. Punch and kick your way to Fitness with high energy martial arts

**PEDALING FOR PARKINSONS** – is an indoor cycling class developed specifically for people with Parkinson's Disease. Please note all participants needs medical clearance before joining the program

**PILATES**– Improves flexibility, builds strength, and develops control and endurance in the entire body.

**REZIST** – A unique workout that combines 20 dumbbell movements performed for 1 minute with only 20 seconds of rest between each movement.

**SENIOR FITNESS** – Low-impact aerobics fused with light weight training and balance exercises. Open to all ages and abilities.

**SWIMANSTICS** – Aquatics exercise program especially designed to help improve muscle strength and flexibility with the aid of the water's buoyancy.

**TABATA** – one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

**THE MINUTE BLAST** – Intervals of cardio and strength training exercises done in 1-minute increments. Great way to burn calories and tone the entire body.

**TOTAL AQUA** – A challenging cardio workout to enhance stamina, muscular fitness and strengthening.

**TOTAL BODY** – provides a whole-body workout that focuses equally on strengthening exercises, aerobic exercise, and endurance.

**YOGA** – Focus on the classic poses, building on the basics with emphasis on alignment of the standing, sitting, and twisting poses.

**YOGA FLOW** – An energetic, flowing series of interconnected postures synchronized with the breath. Time is spent breaking down sun salutations and other poses fundamental to a Vinyasa practice. Props and modifications are offered for proper alignment and ease in the postures. The class is tailored to all levels of students.

**ZUMBA®** – A Latin dance inspired cardio workout. High energy, motivating music and unique moves.

**ZUMBA GOLD®** – Great for active older adults looking for a modified Zumba® class at a lower intensity that introduces easy-to-follow choreography with a focus on balance, range of motion, and coordination.

9.15.22

**YMCA OF GREATER MONMOUTH COUNTY**

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**Here for all.**

Financial assistance is offered based on availability of funds.