

GROUP FITNESS CLASS DESCRIPTION – January 2023

Cardio Dance–Choreographed dance moves to upbeat music. Move, groove and dance with us!

****Cardio & Strength** –Class will include cardio exercises and strength training designed to improve endurance, strength and overall conditioning. Various equipment may be used.

****Cycle & Conditioning**–A one hour class with the first 30 minutes on the Cycle, followed by 30 minutes of Total Body Conditioning in the gym. This workout will target all major muscle groups.

****Early Mornin' Bootcamp** –A quick paced 45- minute style workout which targets the entire body. This workout consists of short rest periods, and both cardiovascular and strength exercises. Equipment such as dumbbells, kettlebells, sandbags, medicine balls, band and jump ropes may be used. ****Now Mondays & Wednesdays @ 7:00AM**

Forever Fit –Choreographed dance and strength exercises for active older adults set to classic upbeat music. The class is a great workout if you find yourself looking to get back into exercise, adding a new fitness avenue or for the regular fitness goer!

HIIT – A 45-minute workout with brief bursts of high-intensity intervals and short rest periods. Class will target every major muscle group and increase heart rate. No equipment needed. ****New On-line HIIT class with Erica, Monday 12:00PM**

Indoor Cycle –Bring your ride indoors! This class utilizes stationary bike and focuses on endurance and strength. The ride will feature intervals, high intensity sprints, climbs and recovery. Indoor cycling will help develop cardiovascular and muscular conditioning.

Interval Training –Alternate periods of intense anaerobic exercise with less intense recovery periods and body weight resistance. This is for Intermediate to advanced participants. ****New Tuesdays & Thursdays @ 5:30PPM**

Mindful at any Speed – A practice comprised of Qigong, Hatha Yoga, and Meditation. Qigong will be the warmup to a Yoga practice and will end with a short meditative/relaxation session. The class will develop flexibility, emotional balance, and stress management skills.

Muscle Pump– A choreographed full body muscle endurance workout incorporating the use of body bars and handheld weights. The routine consists of a rhythmic warm up, mild static stretches, conditioning largest to smallest muscle groups in opposing order, followed by push-up planks and core work with deeper stretches to complete!

****Power Yoga** – A dynamic, flowing practice which cultivates strength flexibility, balance, focus an endurance. Power Yoga tones and sculpts the entire body.

****PraiseMoves Gold** – A seated stretching class which focuses on flexibility, strength, and balance. These stress relieving exercises are paired with Scripture verses and geared to refresh your spirit, soul, and body.

Qigong–A gentle form of ancient Chinese exercise that balances the body and mind together in a relaxed manner to promote health and wellbeing. Qigong can be performed seated or standing and is for all abilities.

SHINE– classes offer a full-body workout with cardio and toning routines that feel like a dance party.

Silver Sneakers Classic®–Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support. Class is modified for fitness level.

STRONG Nation® – A demanding session that works your entire body. STRONG Nation combines body weight, muscle conditioning, cardio and plyometric training to original music specifically designed to match every move.

Tai Chi Workshop – An Ancient Chinese form of exercise which utilizes breathing, visualizations, and movements that works limited space. Free to Chambersburg Y members, Fee for Non- the entire body. A 10-Week Workshop with weekly attendance strongly recommended. **Pre-Registration is required. Additional fee for Non-Members.**

Total Body Conditioning – A full body workout that targets all the major muscle groups. This workout is designed to contain challenging isolated and compound exercises that will increase strength and improve overall conditioning. This 45-50 minute class, includes a full warmup and cooldown, traditional sets and combination circuits with minimal jumping, if any. Dumbbells and a mat are used during this class. ****New additional Class on Monday evening @ 5:30PM**

Yoga for Everyone–A sequenced practice introducing mindful movements, breath control, and basic yoga postures to improve physical, mental, and emotional fitness and promote resilience by integrating body, breath, and mind. Great class for students new to the concept of health & fitness. Mat/Floor work will occur.

Yoga Flow–yoga postures flowing in a logical sequence and repeated. Each position complements those that precedes & follows. Practice focuses on synchronization of breath & the continuous flow of movement. This strong practice will build heat, endurance, flexibility, strength, and mental focus. Ending with a brief Savasana. Mat work will occur. Participants bring your mat and yoga block is highly recommended.

Zumba®–Join the Party! Easy to learn dance steps and aerobic exercise moves are combined and performed to Latin and other music from around the world. This energizing class is a great way to burn fat and tone muscles. Movements are in fast and slow intervals and the variety of steps work on every part of the body.

Zumba Gold®–Class introduces easy-to-follow Zumba® choreography that focuses on cardio endurance, balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong! Ideal for anyone looking for a modified dance class that **moves at a lower intensity.**

**** Indicates New Class and this Session**