

DAVIS FAMILY YMCA GROUP EXERCISE CLASS DESCRIPTIONS

At the Davis Family YMCA we strive to meet all of our members' fitness goals through our wide variety of programming.

CARDIO CLASSES – WORKOUTS WITH YOUR HEART IN MIND

ADVANCED STEP– a 45 to 50 minute class utilizing the step to provide an overall cardiovascular workout. This class is fast-paced and fun with choreography to keep you challenged. Prior Step experience is helpful.

BARRE- Utilizing weighted bars, gliding disks and elastic bands, this class provides a fantastic workout for all of your major muscle groups...you may be a little sore.

ZUMBA – Dance your way to a fitter body with this easy to follow class inspired by music and rhythms from around the globe. This class is more like a party than a workout!

CARDIO SCULPT- Combine athletic step, intervals, cardio moves and muscle sculpting and you have this class that will take your workouts to a new level.

DANCE IT! – A fun mix of Dance, Kick Box, plyometrics and more. Great music and moves will get your heart rate up.

GoLo – Here's the high energy low impact workout you've been waiting for. This class combines 30 minutes of choreographed low impact aerobics with 15 minutes of abs and floor exercises.

Beginning Line Dancing- This 12 week class will teach basic line dancing steps with simpler choreography and music.

Intermediate Line Dancing- Build on beginner steps with more complex moves and music.

Advanced Line Dancing - Learn the latest line dances utilizing complex choreography and contemporary songs.

Tabata–A tabata is a series of 20 seconds of work and 10 seconds of rest repeated 8 times. The exercises include cardio intervals and strength training. There are 8 tabatas completed in a class plus a warm up and cool down.

INDO-ROW – Indoor Group Rowing led by an instructor. This 50 minute class is a total body workout that simulates a season of rowing in every class. The class will tone the body, work the heart and give you clear cut numbers which allow you to track improvement over time. Due to the limited number of rowers you must sign up for this class at the courtesy counter or by calling 777-9622.

SPIN – Group cycling led by an instructor. This 45 minute class provides a great cardio workout. Appropriate for all levels of fitness – but please come to class 10 minutes early and let the instructor know if you are new to ensure proper bike set-up. Give it a try! Due to the limited number of bikes you must sign up for this class at the courtesy counter or by calling 777-9622. Please come with a full water bottle and towel – you will sweat!

EXTREME FITNESS – This one hour class may combine running, cycling, lifting, plyometrics, kettlebells, jump ropes or other unexpected surprises to challenge your fitness level and help you achieve the goals. Are you ready for an early morning Saturday challenge?

STRENGTH TRAINING CLASSES – INCREASE YOUR LEAN MUSCLE MASS

TOTAL BODY – This is a progressive resistance class utilizing a plate-loaded bar and/or other strength equipment. 50 minutes provides a complete weight workout. You will focus on improving your overall strength and body composition. To ensure all participants have equipment please sign up for this class at the courtesy desk or by calling 777-9622.

ON THE BALL – This 40 minute class offering uses the Stability balls, Medicine Balls and Bender balls to give you a well-rounded workout. Core work is always included.

MUSCLE MANIA – This class combines cardiovascular conditioning with strength training in a fun and energizing workout.

TONE IT UP! – Looking for a class that's easy on joints without compromising intensity? Class focuses on strengthening bodies and sculpting muscles through targeted movement and resistance training. All fitness levels are welcome!

STRENGTH TRAIN TOGETHER- Blast all your muscles with this high rep weigh-training workout. You will see results from this one!

CORE MAX-Find and work every muscle between your hips and shoulders. This 30 minute class is the core workout you've been looking for.

MIND BODY CLASSES – Appropriate for all fitness levels

PILATES – Core training appropriate for all levels of fitness. This is a mat class which utilizes the Joseph Pilates method. Strengthens the powerhouse and improves flexibility, great cross-training workout.

YOGA – a 60 min class perfect for building strength, endurance and flexibility in all areas of the body. Yoga will also help you reduce stress and bring balance to your busy life.

DAYBREAK YOGA – An hour long class that will energize your body and soul so you can face the day with confidence. Flowing poses will get the body moving and improve your flexibility and core strength.

YOGA-LITE – A Yoga class suitable for beginners, seniors or anyone looking for a gentle approach to Yoga.

CHAIR YOGA - A Yoga class suitable for beginners and seniors or anyone wanting a gentle approach to Yoga. A chair is use as a prop throughout the entire class.

CHAIR YOGA PLUS – This class is similar to Chair Yoga and it includes segments on the floor.

CLASSES FOR THE YOUNG AT HEART

SILVERSNEAKERS® Classic- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVERSNEAKERS®CIRCUIT – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

AQUATIC CLASSES

SENIOR WATER PARK/H2O Aerobics – This class is fun in the pool. The instructor will incorporate group activities and loads of props so members have a splashing good time.

Aqua Zumba – Shake and shimmy in the pool. Zumba in the water...super fun workout.