



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Downtown Group Exercise Class Descriptions

Schedule subject to change without notification. Classes that routinely have six or less participants will be canceled. Schedule also available on the YMCA app.

Classes for all levels

Hip-Hop Dance Fit: Provides a creative & unforgettable aerobic experience that impacts the body, mind and soul by fusing hip hop dance with the science of inner core strengthening.

Pilates Yoga: This is a yoga-based body strengthening class that focuses on strengthening the core muscles that surround and support the spine, and then we progress to the extremities. Every exercise is accompanied by yoga-based stretches to warm up and stretch out the muscles being exercised.

Holy Yoga: With a Christ centered focus, this class combines breath work, meditation and movement to facilitate healing. It helps achieve deep physical, emotional, and mental relaxation to encourage your mind, body, and spirit. Appropriate for all experience levels.

Power Pump: Challenge yourself with this high intensity body strengthening class that uses barbells, hand weights and resistance bands to increase your strength and condition your body. Use this class to create a leaner, meaner you.

Turbo Kick: the fat blasting ab-defining cardio workout. A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout.

WERQ: WERQ™ is the fiercely fun dance fitness format based on pop, rock, and hip-hop music and easy to follow, high-energy dance steps.

Yoga: A fitness-based yoga class blending the Astanga and Vinyasa styles of Hatha Yoga to form a class to increase your sense of well-being and your ability to handle stress. Improve your breathing techniques and relax more by practicing the ancient art of yoga.

Yin yoga is a slow-paced style of modern yoga with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

Zumba: Zumba is a fusion of Latin and international music with dance themes to create a dynamic, exciting fitness program.

Low Intensity Classes

SilverSneakers Basic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers balls are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Yoga: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



Are you in YOUR zone???

Medium Intensity Classes

Body Conditioning: Never the same class twice! This class incorporates power intervals and plyometric moves. This class is for experienced exercisers looking for a challenge.

Body HIIT: The first 30 min of this class will consist of cardio training in the form of HIIT (High Intensity Interval Training). Then we will switch gears and start building those muscles with some weight training. This is a 60 min, one stop shop to boost both your cardiovascular system and your strength.

Kick'N, Arms & Abs: Be prepared to have a great cardio session that includes kicking and punching with the added benefit of toning and tightening your bis, tris, shoulders and core

TRX Basic: This class will take you through all the basics that TRX can offer. You will get a great workout in just simply using your body weight

while strengthening your balance and your core.

Weights on Ball: Weights on Ball allows you to incorporate weights while engaging your core. This is a great way to strengthen your mid-section while toning the rest of your body.

Ycycling: An energetic, instructor led, vigorous cycling class designed to challenge you with a high-intensity cardio workout.

High Intensity Classes

Bootcamp: This fitness class is for those who are at a high level of fitness and would like an extra challenge. It is a 60-minute class designed to push participants past their endurance level by using football and military style drills, martial arts and weight training work.

Kettlebells/TRX: Combining these great tools for a unique workout. Experience kettlebell workout using multiple moves and body weight exercise with TRX.

Power Yoga: Power yoga begins with three to six sun salutations to warm the body and prepare for deeper poses. From there, the practice moves to the floor to work the back, abdominals, shoulders and hips. The final phase of the practice incorporates seated forward bends, seated twists, supine twists and ends in a final relaxation and meditation.

TRX HIIT: This is the advanced level TRX class. This class is only for those who have had previous experience

with TRX, or who have taken TRX Basics.

Ultimate Workout: Train and condition both your anaerobic and aerobic energy systems. This high-intensity class utilizes stations with both cardio and strength training workouts. This is a very strenuous class and is for participants who can exercise 20-30 minutes at 75-85% of their estimated maximum heart rate. *PLEASE NOTE THAT WEATHER PERMITTING THIS CLASS DOES GO OUTSIDE.*



Please give to Strong Kids today at springfieldymca.org or at the Front Desk at either location.