



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kerasotes 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 Y app

## Classes for all levels

**Ballet Sculpt:** Every wonder how ballet dancers stay so sleek? This class is designed to sculpt your body like a ballerina. By using ballet moves to shape your physique and tone your entire body.

**Hip-Hop Dance Fit:** Provides a creative and 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 first 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.

**PiYo:** is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

**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.

**Christian Hip Hop:** is a new hip hop dance fitness class that fuses easy to learn choreography with faith-based contemporary music, including Christian Hip Hop and Christian Rock.

**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.

**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 ball 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.

**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 Gold:** Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

**Kickboxing:** We incorporate boxing moves and karate kicks with great routines to get your heart rate up and your body toned!

**Zumba Kids:** Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

## 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.

**R.I.P.P.E.D.:** Stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet. It's a workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and

resistance. It's a combination that drives up your endurance and gets your body moving.

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

## High Intensity Classes

**Strong by Zumba:** In all other workouts, music is just an afterthought and chosen independently of the moves and structure of the class. In a STRONG by Zumba class, music is the key element. First, we develop moves to drive specific results, then we reverse engineer and craft music to match every single move. The result is a revolutionary, perfectly synced workout that increases your motivation and allows you to push farther to achieve better results. STRONG by Zumba is also characterized by a unique system of progression. The class is built into 4 quadrants that build in intensity for ultimate results.

**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.

**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.

**Strength:** This class uses a variety of unique movements to improve one's mobility, functional strength, body sensitivity, speed, power and agility.

**Tabata HIIT:** is a type HIIT class one subsection under the broad umbrella of high-intensity interval training. Specifically, it's a 4-minute workout consisting of 8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest continuing in cycles for 45 min

**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 SOMETIMES, WEATHER PERMITTING, THIS CLASS DOES GO OUTSIDE.

**Weight Strength:** is a challenging strength training class using weights, barbells, TRX, and your own body weight to define, develop, and tone in an hour-long session.



Are YOU in YOUR zone?