

ALLEGHENY YMCA CLASS DESCRIPTIONS

Aqua Aerobics: A powerful water workout that refreshes and energizes. A great fat burning workout! Tone every muscle group while enjoying the relaxing atmosphere of the pool.

Abs N'at: 45 minutes of new and old exercises for the lower body and abs to help aid in burning fat around those areas in order to bring out a leaner, meaner lower half.

Aerobic Bellydance: This fun, low impact cardio class uses the basic movements of Middle Eastern Dance to burn calories and tone muscle while dancing to an upbeat mix of Arabic and American music. Hip isolations that characterize Middle Eastern dance strengthen and tighten the core and glutes, while shoulder isolations work the upper body. Other benefits include increased confidence, flexibility and range of motion.

Burn It Off: This class uses cardio intervals and weight training to train your body like an athlete would train. You'll burn calories, push yourself to your limits and get leaner and stronger!!

Cardio Sculpt: A mix of step aerobic intervals and light weight training for an overall total body workout.

E.M.T.: Extreme Muscle Training – This is heavier resistance training utilizing your own body weight, with very little equipment (stability ball, one set of dumbbells), training at intervals in less time than a regular interval workout. These workouts allow you keep your hard-earned muscle while not wasting any time.

Sculpting Plus: Combine body sculpting techniques, using high repetitions with light weights, and some abdominal work to sculpt the body from head to toes.

Senior Line Dancing: Learn the different line dances here, get a workout in, and have fun doing it!

Lean Xtreme: Body sculpting using heavier weights with high reps at a SLOW pace. This kind of training challenges the muscles and strengthens them, allowing you to form a leaner looking body.

20/10 Cardio – 20 minutes of various cardio moves with varying intensity based on class participants, followed by 10 minutes of stretching. This is a great beginners' class to build up your cardio stamina!!

20/10 Strength – 20 minutes of various core & muscle strength exercises using your own body weight or added resistance with hand weights or tubing, followed by 10 minutes of stretching. Great beginners' class!

Silver Sneakers® I & II: 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. A chair is used for seated and/or standing support.

Silver Sneakers® YogaStretch: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Spinning: High-intensity exercise that involves using a stationary exercise bike in a classroom setting. The rides simulate variations in terrain by altering resistance and cadence.

Sport Yoga: Smooth-flowing routines that feel more "athletic" than "mystical." This is true yoga, so you'll get all of yoga's well-known benefits: balance, flexibility and strength. The emphasis is on stretching and toning the muscles, while still achieving a "mind-body connection."

Turbo Kick®: Maximize your workout with ab-sculpting moves and fat burning cardio using some of the most popular music out there! This class is filled with shadow boxing, karate, sports drills, hip hop and funk; you could possibly burning up to 1000 calories a workout!

Yoga & Yoga for Beginners: A relaxing blend of meditation, gentle flowing yoga and soothing stretches.

Walking Group: Weather permitting, walk around the North Shore, while enjoying scenery and great conversation!

Stretch: A 45-minute class that will leave your body feeling taller, relaxed, and *s-t-r-e-t-c-h-e-d* out. *Will be held in Spin Room.*

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