



GROUP EX CLASS NAMES AND DESCRIPTIONS

Y ADVANCED TRAINING

- **Boot Camp** – This intermediate/advanced class utilizes challenging segments of cardiovascular work, muscular conditioning and other athletic drills, may be done in a station format. Tabata, a series of 20 seconds of work and 10 second breaks for 8 rounds, may be incorporated.
- **Circuits** – This class combines various training styles and equipment to deliver an intense workout. Every class is a different high-intensity workout!
- **HIIT** – High intensity interval training helps you to be more efficient in less time. Short bursts of intense exercise followed by short recovery breaks. Strength training, plyometrics, body weight exercises, sprints and other training techniques may be included.
- **Rowed Rage** – A high-intensity advanced class that include strength and cardio to make up a total body workout. Don't be surprised to see rowing machines, dumbbells, BOSU Balls, battle ropes, plyometric boxes and other fun equipment. It's all the rage!
- **Y45** – A small group training class focused on turning strength training into a cardio workout. Workouts will include weights, bands, BOSUs and other equipment that will keep participants in their fat-burning zone for the entire workout. Format of the class will vary from workout to workout but will be time-based rather than to the beat of the music like a traditional group exercise class. This allows for all customization for all levels. *Participants must reserve a spot thru the online Group Exercise Reservation system.*
- **Y Fit** – A high intensity strength and conditioning class for the person looking for a challenge. This class uses functional training to achieve overall physical fitness. A wide variety of equipment may be used: battle ropes, rowers, treadmills, weights, etc.

Y BARRE

- **Barre** – Barre incorporates principles of Pilates and yoga with a focus on holding static positions in order to improve endurance while strengthening muscles. The exercises combine for a full body workout. Flexibility will improve as you develop great posture. Equipment may include the ballet barre, light weights, resistance bands, and balls. ♥- Coach Approach® Friendly Class.
- **Barre Fusion** – A fusion of Barre plus other great formats designed to increase your heart rate and to elongate and strengthen your entire body. Light to medium weights, gliders, body bars, and bender balls may be incorporated to perform small isometric movements and/or explosive cardio moves.

Y CARDIO & COMBO

- **Cardio Conditioning** – A high-energy cardiovascular workout using various formats and equipment.
- **Step It Up** – A beginner level class performed while stepping up and down on a platform. Basic steps and simple choreography are used. ♥- Coach Approach® Friendly Class.
- **Step It Up 2** – A high intensity step class with advanced and challenging choreography. Great for mind + body!
- **Functional Fitness** – This class focuses on movements that mimic everyday activities – for example, squats which assist in getting out of a seated position. Various types of equipment will be used, and extra care will be placed on the core. ♥- Coach Approach® Friendly Class.
- **Interval** – Interval workouts are designed to alternate between segments of intense work followed by lighter-intensity work or rest. Workouts may include total body strength and cardio work as well as use of various types of equipment.
- **Running Group** – Whether you're ready to start running or ready to take your running to the next level, this group will help you achieve your running goals. Please contact your Wellness Director for specific questions about routes, distances, etc.
- **Turbo Kick®** – A high-intensity class packed with kickboxing moves, HIIT training and body-weight exercises.
- **Kickboxing** – Punch and kick your way through this workout, utilizing moves to strengthen your upper and lower body, while getting a great cardiovascular workout. Dumbbells and other equipment may be used.

Y CARDIO & COMBO -CONT-

- **POUND** – POUND is a full-body cardio jam session combining light resistance with constant simulated drumming. The workout fuses elements of cardio, Pilates, strength, plyometrics, & isometric poses. ♥- Coach Approach® Friendly Class.
- **Running Group** – Whether you're ready to start running or ready to take your running to the next level, this group will help you achieve your running goals. Please contact your Wellness Director for specific questions about routes, distances, etc.
- **STRONG by Zumba™** – Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn.
- **Walking Group** – Banish boredom, boost motivation. Walking requires little effort and provides big rewards. Please contact your Wellness Director for specific questions about routes, distances, etc. ♥- Coach Approach® Friendly Class.
- **Zumba® Step** – Zumba® Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs. ♥- Coach Approach® Friendly Class.

Y CYCLE

- **Group Cycle** – A variable intensity class done on stationary bikes. This exciting class utilizes motivating music paired with varied resistance and cadence drills. This class is suitable for all fitness levels – please arrive early if it is your first time. ♥- Coach Approach® Friendly Class.

Y DANCE

- **African Dance** – This class combines strength and resistance with African-inspired dance moves. Some classes and moves can be done from a chair. ♥- Coach Approach® Friendly Class.
- **Belly Dancing** – Belly dancing is a torso-driven dance, with an emphasis on the hips. A fun way to get a workout! ♥- Coach Approach® Friendly Class.
- **Chicago Stepping** – This class will teach basic lead and follow techniques along with combinations (flow of turns, done back-to-back). ♥- Coach Approach® Friendly Class.
- **CLUB VIBE®** – Studio style dance meets cutting edge fitness in this creative, innovative, effective and explosive dance workout! Participants are kept moving from start to finish as they learn, rehearse and ultimately perform the routines. Each class is carefully designed to offer participants opportunities to individualize intensity as a means of improving overall fitness. Dance with a Purpose that Delivers Results. Period. Come experience the (((VIBE)))!!! ♥- Coach Approach® Friendly Class.
- **Dance Party** – Join us for a Dance Party! With easy-to-follow choreography, rhythms, and steps from many styles of dance and music that will make you want to move, Dance Party feels more like fun and less like exercise. Come build cardiovascular endurance and strength all while having a great time! This class is appropriate for beginners and experienced dancers. ♥- Coach Approach Friendly Class.
- **Fierce Funk** – A high-energy dance format that may incorporate body-weight exercises, plyometrics, kickboxing, street-style funk, and heart-pumping cardio to pop, hip-hop, and/or funk music. ♥- Coach Approach® Friendly.
- **LaBlast®** – LaBlast Fitness is a music-driven, energizing dance-fitness class blending the true skill of dance with the calorie blasting properties of interval fitness. With LaBlast, everyone can learn to dance with our easy to follow format! Interchangeable patterns keep you engaged and entertained while learning the true skill of dances such as Tango, Samba, Lindy Hop, Quickstep, and more! ♥- Coach Approach® Friendly Class.
- **Line Dancing** – A dance class that teaches a repeated sequence of steps to music and a group of people dance in lines! No partner or dance experience is necessary. ♥- Coach Approach® Friendly Class.
- **WERQ®** – WERQ® is the fiercely fun dance fitness workout based on current hip-hop, pop and rock routines. No dance experience required, and all levels of participants are welcome. ♥- Coach Approach® Friendly Class.
- **Zumba®** – A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. ♥- Coach Approach® Friendly Class.

Y DANCE

- Zumba® Gold - Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. ♥- Coach Approach® Friendly Class.

Y FLEXIBILITY

- **Stretch** – The most forgotten and neglected component of a workout. Come learn proper techniques while getting a great stretch! ♥- Coach Approach® Friendly Class.
- **Roll** - This is a static stretching class that will address tight and restrictive muscles throughout the body using the foam roller. This is an excellent addition to any workout plan. ♥- Coach Approach® Friendly Class.

Y MIND/BODY

- **Ashtanga Yoga** – Ashtanga yoga focuses on breathing while participants move through a series progressing poses (asanas). This type of yoga tends to be more vigorous and fast-paced.
- **Gentle Yoga** - Gentle yoga is a form of yoga that integrates posture, breathing, and relaxation to harmonize mind, body, and spirit. Appropriate for all abilities and may be done from a chair. ♥- Coach Approach® Friendly.
- **Hatha Yoga** - This class focuses primarily on the practice of physical postures (asanas) and breathing exercises/techniques (pranayamas) and is suitable for all levels of flexibility. ♥- Coach Approach® Friendly.
- **Heated Yoga** - Heated yoga is an intermediate-to-advanced level yoga class taught in a studio heated to no more than 80 degrees Fahrenheit. This class is highly discouraged for pregnant women, or anyone with thermoregulatory concerns. Participants are encouraged to bring water and a towel and to be properly hydrated prior to class attendance. This class is open to members 13 years and older and is only offered at the Forsyth County Family YMCA.
- **Iyengar Yoga** – In an Iyengar yoga class the focus is on holding the poses for longer periods of time which allow for close attention being paid to neuromuscular alignment for each pose. Props may be provided to assist with alignment.
- **Pilates** - Pilates is a system of specific movements developed by the late Joseph Pilates, for physical and mental conditioning. Pilates not only enhances physical strength, especially the core, but improves flexibility and coordination, reduces stress, and improves mental focus. Some equipment may be utilized such as resist-a-balls, bender balls, magic circles, light hand weights, or yoga straps. ♥- Coach Approach® Friendly.
- **Qigong** - Qigong is the mind-body practice which incorporates slow movements, postural emphasis, breathing techniques, and focused concentration to improve one's mental and physical health. ♥- Coach Approach®.
- **Relax** – These classes engage your body's natural relaxation response by using relaxation techniques such as deep breathing and easy yoga postures with the ultimate goal of reducing daily stress and improving your mood state. ♥- Coach Approach Friendly® Class.
- **Tai Chi** – Tai Chi is the practice of postures and gentle movements with mental focus, breathing, and relaxation. The movements can be adapted or practiced while walking, standing, or sitting. ♥- Coach Approach Friendly®.
- **Yoga Pilates Fusion** - A fusion of yoga and Pilates moves designed to strengthen all muscle groups with extra focus on the core. ♥- Coach Approach® Friendly Class.
- **Yin Yoga** – Yin yoga is a slower-paced class where the focus is holding each pose for an extended period of time. ♥- Coach Approach® Friendly Class.
- **Vinyasa Yoga** – Vinyasa yoga focuses on the continuous flow from one pose to the next. This type of yoga tends to be fast-paced.

Y SENIORS

- **Senior Strength** - This class will focus on total body and core strength while incorporating balance moves and stretches. It is the perfect way for all seniors to improve overall flexibility and strength while increasing their balance and stability. This class may be done seated or standing and may utilize a variety of equipment. ♥- Coach Approach® Friendly Class.

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- **Senior Strength & Cardio** - This class will focus on total body and core strength while incorporating light cardiovascular work. It is the perfect way for all seniors to get strength and cardio work in the same workout. This class may be done seated or standing and may utilize a variety of equipment. ♥- Coach Approach® Friendly.
- **Senior Cycling** - A low-impact class done on stationary bikes. This exciting class utilizes motivating music paired with varied resistance levels. Please arrive at least 15 minutes early if it is your first time. ♥- Coach Approach® Friendly Class.
- **Senior Dance Party** - Age is no barrier to having fun and getting a great workout! Senior Dance Party was designed with the active, aging adult in mind. Featuring low impact, modified dance moves, and easy-to-follow pacing, it's perfect for older adults who enjoy a healthy, active lifestyle. Come dance to songs old and new and get fit along the way! ♥- Coach Approach® Friendly Class.

Y SPECIAL POPULATIONS

- **Adaptive Training** - This class is geared towards teens and young adults with special needs, incorporating exercises and drills that improve cardiovascular fitness as well as strength and flexibility...all in a FUN and social environment. The instructor will modify routines and encourage participants to work at their level. Ask your Wellness Director if you have questions about the level of the class.
- **Parkinson's Group Cycling** - Parkinson's Cycling is a group indoor cycling class designed especially for people with Parkinson's Disease. Parkinson's Cycling has been shown to manage symptoms associated with people with PD. Please arrive 15-20 minutes prior to class start time so that the instructor can assist you in bike set-up and explain the format of the class. ♥ - Coach Approach® Friendly Class.
- **Parkinson's Movement** - For individuals at all stages of Parkinson's disease; movements may be done in a chair as well as standing at an intensity level that is self-selected by each participant. If a participant needs extra assistance, a caretaker is required to accompany the participant. ♥ - Coach Approach® Friendly Class.
- **Adaptive Teen Dance** - This dance class is programmed for teens with special needs. It is a fun and safe environment designed to teach participants fun dance routines. Please contact your group exercise coordinator with questions.
- **Adaptive Yoga** - This yoga class is for teens and young adults with special needs. It is a fun and safe environment designed to teach participants proper yoga form. Please contact your group exercise coordinator with questions.

Y STRENGTH

- **BODYPUMP™** - Using light-to-moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout.
- **Kettlebells** - Kettlebell workouts engage the entire body, activating dozens of muscles and involves large numbers of repetitions. While this is a basic class, it is not an introductory level class. The movements used in kettlebell exercises can be dangerous to those who have back or shoulder problems, or a weak core. You must have trunk and shoulder stability and a very strong core.
- **Core Strength & Balance** - This class will increase your core strength while incorporating balance moves and stretches. It is the perfect way for all individuals to improve overall flexibility and core strength. ♥ - Coach Approach® Friendly Class.
- **Upper Cuts** - An upper body workout that strengthens the shoulders, triceps, biceps, upper back and chest using dumbbells and/or a weighted bar. Core may also be included. All levels are welcome. ♥ - Coach Approach® Friendly Class.

Y STRENGTH

- **Below the Belt** – A lower body workout that targets the glutes, quadriceps, hamstrings, abductors and adductors. Core may also be included. All levels are welcome. ♥ – Coach Approach® Friendly Class.
- **Strength** – If you're looking for a total body strength training class, this is it! Various types of equipment will be used, including body-weight exercises, body bars and dumbbells. Lots of modifications are available so beginners to advanced are all welcome! ♥ – Coach Approach® Friendly Class.
- **Zumba® Toning** – Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body. ♥ – Coach Approach® Friendly Class.
- **R.I.P.P.E.D.** – This total body, high intensity workout combines Resistance, Interval, Power, Plyometrics, Endurance, and core for a great total body workout. Free weights, resistance and body weight exercises are all used by R.I.P.P.E.D. Planet trained instructors.

Y WATER

- **Aqua Zumba®** – For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. ♥ – Coach Approach Friendly Class.
- **LaBlast® SPLASH!** – is a shallow aqua dance fitness workout that uses several dance styles, including ballroom dancing. It is partner-free, and you will learn the true skill of dance, while blasting away calories in the pool. This energizing class will have you moving to music of all genres from pop and rock, to hip hop and country, and more! ♥ – Coach Approach Friendly Class.
- **Water Barre** – Water Barre is a ballet inspired class that utilizes a noodle to stretch and strengthen the body as well as to improve posture and balance. Isometric movements and full range of motion exercises will lengthen and strengthen the entire body and provide an intense core workout. ♥ – Coach Approach® Friendly..
- **Water Arthritis** – Aquatic exercises can help to decrease pain and improve function for those with arthritis. This water class will help to build joint and muscular strength for those with arthritis. All ages are welcome. ♥ – Coach Approach Friendly Class.
- **Water Aerobics** – This is a lower-impact water workout including, but not limited to, exercise suitable for seniors, those with joint related concerns, and the general population wishing to improve their strength, posture and balance. This workout can include the use of dumbbells, and noodles and may integrate Pilates and barre type moves specifically designed for the aquatic environment. ♥- Coach Approach® Friendly Class.
- **Water Aerobics Deep** – This is an energetic, low impact workout that can take place in either shallow or deep water. These are workouts suitable for all abilities and may include the use of noodles and/or dumbbells, or deep-water flotation belts as appropriate. ♥- Coach Approach® Friendly Class.
- **Water Balance, Stability & Stretch** – Water Balance Stability & Stretch is for participants who seek to improve or enhance flexibility, strength, range of motion, balance and endurance. Ideal for those suffering from arthritis or other injuries. ♥- Coach Approach® Friendly Class.
- **Water Intervals** – This class may utilize both the shallow and deep ends of the pool (varies by branch) for a challenging workout utilizing noodles and barbells, formats may include Tabata and Boot camp.
- **Water Pilates** – Pilates moves are modified to effectively use the properties of the water to strengthen the core, elongate and strengthen muscles and improve posture and balance. Comfort level in deep water is a must. ♥- Coach Approach® Friendly Class.
- **Water Walking/Running** – Water walking/running offers a low-impact, total body workout. The class focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance.

YOUTH & FAMILY

- **Family Dance Party** - Get moving together with this fun-filled, calorie blasting workout for all ages, featuring Latin, hip-hop and pop inspired music/choreography. ♥- Coach Approach Friendly Class.
- **KiM! (Kids in Motion) 5-8yr** - Kids in Motion! is a fun, boot camp-style group exercise class ideal for kids ages 5-8 yrs. and of all types and abilities - at the same time! It emphasizes that exercise should be play and play can be exercise. Participants are moving constantly from one activity to the next, going through a cycle of healthy warm-up, cardio, strength, and flexibility activities.
- **YiM! (Youth in Motion) 9-12yr** - Youth in Motion! is a fun, boot camp-style group exercise class ideal for youth ages 9-12 yrs. and of all types and abilities - at the same time! It emphasizes that exercise should be play and play can be exercise. Participants are moving constantly from one activity to the next, going through a cycle of healthy warm-up, cardio, strength, and flexibility activities.
- **TiM! (Teens in Motion) 13-18yr.** - Teens in Motion! is a fun, boot camp-style group exercise class ideal for teens ages 13-18 yrs. and of all types and abilities - at the same time! It emphasizes that exercise should be play and play can be exercise. Participants are moving constantly from one activity to the next, going through a cycle of healthy warm-up, cardio, strength, and flexibility activities.
- **Family Yoga** - A FUN yoga class designed for families with children over 5 years of age. For children, ages 5-8, parents must participate in the class along with their children. For youth, ages 9-12, parental participation is optional. The emphasis will be on interactive poses for kids and adults to do together including age appropriate yoga poses, breathing, movement games, and relaxation.
- **FiM! (Families in Motion)** - Families in Motion! is a fun, boot camp-style group exercise class ideal for the whole family and of all types and abilities - at the same time! It emphasizes that exercise should be play and play can be exercise. Participants are moving constantly from one activity to the next, going through a cycle of healthy warm-up, cardio, strength, and flexibility activities.
- **Kids Rock** - Kids love to crank up the music and shake, wiggle and have a blast with their friends. Packed with specially choreographed routines and the latest music, such as hip-hop, reggaetón and cumbia. Dance Kids classes increase focus and self-confidence, boost metabolism, and improve coordination. Please check with your branch for age guidelines.
- **Kids Yoga** - This class focuses on building strength, flexibility and core work thru continual learning and refinement of basic poses. The students will also learn aids in relaxation, and stress reduction all while gaining knowledge in body awareness, self-confidence, and self-respect.
- **Zumba® Kids** - 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.
- **Zumba® Kids Jr.** - Zumba® Kids, Jr. classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.