

## Fitness Class Descriptions

### In The Pool (please use pool schedule for class times)

- **Aqua Fit:** Low impact, total body workout emphasizing cardiovascular fitness and muscle toning with water resistance. low intensity options given.
- **Deep Water Challenge:** Utilize the water's buoyancy and resistance to increase your cardiovascular fitness and get a full body workout in a non-impact environment. Improves flexibility, strength, and coordination while moving muscles through a full range of motion.
- **Twinges:** Range of motion exercises in water kept at therapeutic temperatures. Low-impact, low-intensity, with higher intensity options given.
- **Water Walking:** A non-impact workout using the natural resistance of the water to improve muscular strength, flexibility and cardiovascular fitness.

### On Land

- **Belly Dance:** Come to this dance class to tone your core and legs, build stamina and confidence, learn a great skill and enjoy yourself.
- **Body Sculpt:** A strength training class designed to tone, define and strengthen the entire body using hand weights, bands and your own body weight.
- **Boot Camp:** Intervals of cardio for endurance and weight training for strength.
- **Butts & Gutts:** This class concentrates on working the lower body muscles through strength training exercises. It includes both body weight exercises and free weight exercises.
- **B.Y.O.B.** Strengthen your core along with the rest of your body with this workout on the stability ball. Balance is improved, abdominals and low back are targeted, and all major muscle groups are toned.
- **Cardio Interval:** This class combines both cardio and strength training together allowing you to increase the amount of calories you burn.
- **Cardio Step and Sculpt:** This is a sweat-inducing, intermediate to advanced class for strength and cardio. Basic step choreography, power movements, and alternating total body muscle training.
- **Pilates:** A great class to strengthen your core muscles. These floor-based exercises are zero-to-low impact. Work on your posture, balance, and motor focus.
- **PiYo:** Gain flexibility and strengthen your body by incorporating both yoga and Pilates moves. These floor-based exercises are zero-to-low impact.
- **Senior Fit:** A terrific class for Active Older Adults or those looking for a slower-paced class. Set to music, this class will raise your heart rate, build and tone muscles, and increase your flexibility.
- **Step Jam:** This is a high energy, fun-filled step aerobics class. Make this cardio based workout your own. It can be full of power and intensity or it can be gentle and low impact.
- **Super Stretch:** Flexibility can be improved at any age. Learn gentle, effective methods of stretching that will help your balance and agility. Towels and bands can be used to facilitate various stretches, so inflexible beginners or super-bendy experts can benefit.
- **Tai Chi:** This ancient art for health and self-defense develops physical and mental health. Slow and controlled movements and non contact drills are practiced. Tai Chi aids in relaxation, reduces stress, improves energy and helps achieve physical and mental balance.
- **TurboKick:** This class takes kickboxing up a notch. Cardio, technique, and flexibility.
- **Walking Group:** Add more steps to your day by walking outdoors with a group. All ages welcomed. with effort and high energy.
- **Yoga:** Yoga energy. Gain flexibility and strength. Improve balance and relaxation skills with this innovative yoga class.
- **Zumba:** This is fun and energetic fitness class that incorporates Latin dance moves and music.

*If you are new to a class please let the instructor know so they may give you any pointers to help you get the most out of your workout.*

*At the Salinas Community YMCA...we care about your fitness!*

