

CLASS DESCRIPTIONS: SOUTH COUNTY YM CA AT BRANCH CROSSING

ATHLETIC BASED CLASSES



This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Strike, punch, kick and kata your way through calories to superior cardio fitness.

Bootcamp: Take it to a new level with this exciting, high intensity class. You will be athletically challenged as you perform relays drills, and athletic moves. Towel and water bottle required.

Cardio Challenge/Cardio Challenge Express: If you like variety, this is the workout for you! Enjoy a cardio circuit workout that is great for all levels. Activities include speed and agility drills, athletic step, running/power walking, jump rope, abs, and stretching.

Cardio-Sculpt: Because you are busy, why not complete your cardio and weight training all in one hour? Enjoy an athletic cardio segment followed by a body sculpting segment. This is a family class designed for ages 10 and older with an adult.

Cycle/Core: Combine a 40 minute indoor cycling workout with a 20 minute abdominal and low back workout. Core strength segment includes work with the resist-a-ball.

Indoor Cycling: Bring your bike riding indoors for this cycling program performed on the Schwinn stationary cycle. It simulates riding positions and terrain used in outdoor cycling. Heart rate monitor recommended. Towel and water bottle required.

Indoor Cycling (Extended Ride): Extended rides are one hour and fifteen minutes in duration. It is acceptable if you choose not to stay the entire class.

Kickbox: Join us for a power "punch" workout. This class focuses on the whole body and incorporates the punches and kicks found in traditional kickboxing.

Kickbox Express: Because there are not 25 hours in the day, squeeze your kickbox workout into 45 minutes....get in and get out!

Morning Mix: Enjoy a mix of power walking/jogging, cardio games and relays, and toning exercises all in one hour. This class will conclude with abdominal work and stretching. Great for all fitness levels.

Super Cardio Sculpt: A fast moving 80 minute class combining cardio and sculpting intervals, concluding with abdominals and stretching. Activities and equipment may vary weekly.

KID'S CLASSES

Kid's Fitness: This class will teach children the fun and variety of fitness. Children will try various activities including cross training, Pilates, and light strength training. Ages 6-10. NO pre-registration is required. Admission is first-come-first-serve basis (limited to 30 children). Parents may be asked to assist instructor.

Preschool Fitness Class: This class will focus on teaching children balance, flexibility, and coordination in a fun, kid-friendly environment. Ages 3-5. NO pre-registration is required. Admission is first-come-first-serve basis (limited to 20 children). Parents may be asked to assist instructor.

Preschool Fit & Flexibility: This class will focus on important lifelong skills such as balance, coordination, body control, and flexibility. Ages 3-5. NO pre-registration is required. Admission is first-come-first-serve basis (limited to 20 children). Parents may be asked to assist instructor.

MIND/BODY CLASSES

ABSolutely Yoga: Enjoy some traditional yoga poses mixed with poses that emphasize the core strength.

Mat Pilates: Engage your mind and body through stretching and strengthening exercises focused on your core muscles. This class will improve muscle control, coordination, and strength. This class promotes excellent posture and proper breathing.

Pilates Allegro Reformer Training: Sign up in the welcome center to take your Pilates workout to the next level. Perform movements on the Allegro Reformer to lengthen bulky muscles, increase flexibility, and improve core strength and posture. Fee required. Group classes are available at the Shadowbend location.

Yoga: Tone the body and tune the mind. Energize your body as you perform moves to enhance balance, flexibility, and strength. Level of class indicated on schedule (1=beginner 2=intermediate 3=advanced)

MUSCULAR CONDITIONING CLASSES



Challenge yourself with the original barbell class that strengthens and tones your entire body.

Abs and Back: This 25-30 minute class includes exercises which strengthen and tone your abdominal and lower back muscles.

Body Sculpting: Condition your entire body in one hour, with dumbbells, barbells, bands, and balls. All levels.

STEP CLASSES

Step: Perform high intensity, low impact moves on and off a step platform. Great for the intermediate to advanced stepper.

Step Express: This class is perfect for the busy bee! Warmup, step, and cool down in 45 minutes....get in and get out! This class is usually followed by a 25-30 minute abs and back workout if you choose to stay.

Step and Sculpt: Combine your cardio workout with body sculpting exercises. Alternate between step movements and exercises that incorporate weights, bands, or stability balls.

SPECIALTY CLASS

Afro-Samba Dance Workout: Combine Brazilian samba with forms of African dance for this fun and inspiring workout.

Belly Dancing: Tone your abs while learning the fun art of belly dancing.

Zumba™: Learn fun Latin dance steps and enjoy an exhilarating aerobic workout.

Stroller Fitness Class: Want to get in a great workout while your child has a blast? Are you looking to meet other parents and kids while meeting your fitness goals? Stroller Fitness is the workout that turns your stroller into a portable fitness machine so you can workout with your child(ren). This class involves power walking mixed with strength training. The class concludes with abdominal work. Children should be able to remain in a stroller for 45 minutes.