# LAND EXERCISE CLASS DESCRIPTIONS

### Basic Pilates
A basic Pilates workout using Pilates principles and methods.

### Body Defined
Designed to strengthen and tone all muscle groups utilizing a variety of equipment: hand weights, bands, exercise tubing and stability balls.

### Boot Camp
Whole body workout with interval training and circuits using a variety of equipment including BOSU, resistance bands and weights.

### Core Freestyle
Class incorporating stability balls, bands and tubing to challenge the core.

### Dancing/Hi-Lo (in the Gym)
Have fun in the gymnasium where the instructor will focus on a different routine each month. End the class with some standing abdominal work and a great stretch.

### Group Cycling
Moderate/high intensity stationary cycling class designed to utilize several different cycling training techniques to improve cardiovascular fitness. Bring a water bottle and sweat towel.

### Hi/Lo Aerobics
Moderate intensity/complexity aerobic choreography; plus a muscle toning segment utilizing stability balls, for an overall workout.

### Joints in Motion
Non-aerobic class designed to help increase strength and flexibility. Most exercises are done seated in a chair.

### Joints In Motion II
Non-aerobic class with light weights and more movement out of the chair for a focus on balance, flexibility and strength.

### Karate
Suitable for men, women and children ages 6 and up. Taught by certified black belt instructors representing Hidy Ochiai's Karate school. Learn self defense, respect for self and others, self confidence, and discipline.

### Mindful Meditation
Introduction to meditation, relaxation and breathing exercises to calm the mind, relieves stress/anxiety and re-connect to self.

### Mix It Up Cardio
Cardio workout with weights and abs for a different focus each month.

### Morning Stretch Club
Shorter 45 minute class that emphasizes basic stretching techniques.

### Nice & Easy
A great introduction into exercise. Learn the basics of floor aerobics, step, kickboxing, core strength and stability ball training. Designed for beginners and people getting back into an exercise routine after a prolonged absence. Low impact, easy to follow routines.

### Pilates by Joe (for Men!)
Pilates was created by a man, so guys, give it a try! This class will focus on the Powerhouse, is the foundation for Cross Training, works the body toward Functional Fitness and increases flexibility and range of motion with out any pretzel stretches! Everyone welcome.

### Pilates for Every Body
An intermediate-level class following Pilates principles to work on balance, strength and core conditioning.

### Pilates for Runners
A Pilates regimen that will enhance any runners routine by building your strength, balance and core. Appropriate for non-runners too.

### Power Abs
15 minute class focusing on the abdominals.

### Pure Pilates
A classical Pilates class incorporating balance, strength and core conditioning for mind and body.

### Stability Ball
Core stabilization, balance, strength and cardio training, all utilizing the stability ball.

### Tai Chi
Traditional Tai Chi for mind, body and spirit.

### Total Body Workout
Half the class will focus on cardio, which varies between interval, kickbox, floor aerobics and step, followed by toning/stretch utilizing weights, bands, tubes, Pilates balls and stability balls for an overall workout.



**Contact Martin for more information:**
**mdyson@ymcabroome.org**

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### Yoga
Traditional Yoga poses with muscle toning to promote strength, flexibility, balance and relaxation.

### Yoga for Fitness
Basic Yoga poses with muscle toning to promote strength, flexibility, balance and relaxation.

### Yoga Pilates Fusion
A blend of Yoga and Pilates with occasional use of traditional strength training techniques.

### Zumba™ & Zumba™ (in the Gym)
Learn and practice basic dance steps in Salsa, Merengue, Mambo, Cha Cha, Cumbia, Belly Dancing and more!! Zumba combines high energy and motivating music with unique dance moves and combinations that allow you to dance away your worries.

### RATES

Non-member day pass rates are available depending on how often the desired class takes place. The rates are as follows:

| | |
|---|---|
| 1 class/week | $22 per month |
| 2 class/week | $40 per month |
| 3 class/week | $50 per month |

### Group Cycling rates are as follows:

| | Member | Non-member |
|---|---|---|
| 1 class/week | $10/month | $20/month |
| 2 classes/week | $20/month | $40/month |
| 3 classes/week | $27/month | $54/month |
| 4 classes/week | $35/month | $70/month |
| 5 classes/week | $42/month | $84/month |
| 6 classes/week | $48/month | $96/month |