



YMCA of Lincoln

Group Exercise Class Descriptions

Complexity of Choreography: L-Low, M-Medium, H-High

Exercise Intensity: 1-Low, 2-Medium, 3-High

Adult Ballet (H2): Stay in shape and have fun through this 10-week program for any adult wishing to learn ballet. This class focuses on strength, cardio, flexibility, balance, and artistry through use of ballet technique. All levels welcome and no prior training required! Recommended to attend regularly in order to progress. *Ballet slippers and fitted clothing preferred.

AiChi (M1): A simple exercise and relaxation program performed using deep breathing and slow, broad movements of arms, legs and torso to increase oxygen consumption, improve body alignment and balance.

Aqua Arthritis (L1): Wonderful opportunity for people with mild arthritis, bursitis, knee problems, or muscle and joint stiffness. Majority of class takes place in the shallow end of the pool.

Aqua Tract (M2): Maximize your cardio workouts and improve your strength with this high energy, water workout using the resistance of currents.

Aqua Yoga (L1): Aqua yoga adapts the postures and principles of yoga, including breathing and mindfulness, to an aquatic environment. It is a gentle and very low impact aquatic activity.

Aqua Zumba® (H2): Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Boot Camp (L3): Join us for this high intensity, sweat-inducing workout. Boot Camp includes conditioning drills, strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Classes may utilize a variety of tools: body-weight exercises, weights, kettlebells, battle ropes, plyoboxes, medicine balls and more! Modifications offered for beginning/intermediate.

Cardio Equipment Fusion (L2): Meet in the workout area for a motivating instructor-led, group workout on a variety of cardio and strength training equipment that will include body weight, strength, core and balance challenges to boost your workouts.

Core & More (M2): A class focused on strengthening the abdominals, back and gluteal muscles using a variety of equipment.

Country Heat™ (H2): A high-energy, low-impact, country dance-inspired fitness program that so totally fires up the fun—you won’t even feel like you’re working out!

Cycling Fusion (L3): This class consists of group cycling mixed with other formats. May include yoga, strength, boot camp, core training, Tabata, HIIT and TRX®.

Family Fitness (L1): Bring the troops together for some exciting and heart pounding cardio, strength and functional movement patterns to inspire your family to grow and thrive together. Parent/Guardian must be actively participating. (Ages 9+)

Family Yoga (L1): A fun and easy learning environment that will assist families bonding together through yoga teachings with a variety of breathing techniques accompanied by poses to assist with flexibility, strength, and balance. (Ages 9+)

Fit For Life - Chair Stretch/Yoga (L1): Improve balance, range of motion, flexibility and strength through poses led with the assistance of a chair. Learn the basics of complete breathing, how to perform stretches safely, and relax mindfully.

Fit For Life - H2O (L1): Perfect place to start an exercise program due to the no or low impact buoyancy factor that offers natural resistance from the water. (50+)

Fit For Life - Strength (L1): Have fun and move to the music through a variety of seated chair exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, tubing with handles and a ball are used for resistance. (50+)

Group Cycling (Varies): This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels welcome.

Kickboxing (M2): Join us for a combination of a powerful upper body workout of punches and lower body explosion of kicks. Classes will include simple combinations and basic cardio moves to keep your heart pumpin'.

Kids on the Move (M2): Let your moves fly! Unleash your child's best dance moves while developing coordination and self-confidence. This class will promote youth fitness through POUND®, MixxedFit®, Zumba®, and Yoga style classes.

Meditation (L1): Take a mental breather for a rejuvenating mediation practice that will help you reset your mind, reduce stress and increase focus and productivity.

MIXXEDFIT® (H2): A people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp-inspired toning. This format combines music you'd hear on the radio or at the club with repetitive, easy-to-follow dance moves. It's a perfect class for both group fitness beginners, expert dancers and everything in between.

Pilates (L2): A unique method of body conditioning that focuses on core conditioning to strengthen the abdominals and lower back. Using the science of "contrology," it strengthens and tones muscles, improves posture, provides flexibility and balance, and unites body and mind.

PiYo (M2): Yoga combines with Pilates to take you through a flow of easy to follow movements. Get all the benefits of both classes; core strength, flexibility and balance from one class!

POP Pilates® (M2): An incredible fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. This mat-based workout challenges you to flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level.

Pound® (M2): Channel your inner rock star with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique--all while rocking out to your favorite music!

Power C.S.I. - Cardio, Strength, Intervals (M3): Challenge yourself with innovative full-body strength exercises, core training and unique free-weight and body-weight resistance combinations between cardio intervals for an ultimate dynamic strength and total conditioning workout. Cardio may include jump rope, kickboxing, or other body-weight aerobic activity.

Power Pump (M2): A motivating, challenging, strength training class. Tone and strengthen your body in a fun class setting utilizing high repetitions and low weight. A variety of exercise equipment is used for total body strengthening.

REFIT® (M2): Cardio dance fitness program designed to engage the body and soul, building endurance and community while engaging muscles. Exhilarating music and easy-to-learn movements designed for beginners as well as fitness enthusiasts.

Step (H2): A high energy, cardiovascular step workout that includes periods of weight training intervals. Get the maximum calorie burn you can with this up tempo class format. Great for achieving strength and cardiovascular endurance!

Strength Training (L2, M2): Strength training is an essential part of a healthy lifestyle at any age and any level of ability. Get leaner and stronger with a variety of exercise equipment for total body strengthening.

STRONG by Zumba® (M3): Combines high-intensity interval training with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Tabata (L3): This high intensity interval class will focus on cardio intervals, using the Tabata style of training. Each exercise consists of 20 seconds of work, followed by 10 seconds of rest. This class is sure to get your heart pumping.

Tai Chi/Chair Yoga (L1): A progressive and gentle exercise done standing up. This class is a moving meditation that is based on ancient martial arts. Tai Chi helps improve flexibility, coordination, strength and balance--all while helping to relieve stress.

Turbo Kick® (H2): Turbo Kick is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intervals, strength/endurance training and a relaxing cool-down. Turbo Kick requires no previous kickboxing experience or equipment.

Walking Group (L1): Join this group for a brisk walk outdoors to rejuvenate your spirit, mind and body. Enjoy the social and physical benefits of meeting with this group and being in motion. Instructor will provide walking route primarily outdoors and may include occasional strength training exercises. Bring a co-worker, neighbor, friend and get your walk on!

Water Fit Combo (M2, M3): Maximize your cardio workouts and improve your strength in this water-based class. Format will vary and may include shallow and/or deep end use. Aqua belts and resistance tools are used as needed for flotation assistance and building strength.

Water Fit Shallow (L1, M2): This class is performed in the shallow end of the pool. Format may include low impact, high intensity exercises or water walking, stretching and flexibility exercises designed to increase range of motion and reduce stress on joints.

Yoga (Varies): Free your spirit, calm your mind and stretch your body through a variety of styles. Practice motions to increase your strength, balance and flexibility, while focusing on form, breathing and serenity within yourself.

Yoga/Run (M2): Whether you are an experienced runner or a novice, this class is for you. Join us for an outdoor run/walk on Rock Island Trail followed by a 30 minute yoga session. Come strengthen your muscles and increase your flexibility with us!

Zumba® (H2): Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. We want you to work out, to love working out, to get hooked.

Zumba® Gold (H2): Learn easy, low impact Latin-inspired steps and combinations in an exciting, happy atmosphere for any age group and fitness level. Feel free to move at your own pace, adding your own flare and intensity as you dance to a variety of music from around the world, swing, and rock & roll.

Zumba® Step (H2): Looking to feel the burn, baby! Looking to strengthen and tone your legs and glutes? Step right up. A combination of awesome toning and the strengthening power of Step aerobics, with the fun fitness party that only Zumba brings to the dance floor. Zumba Step increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.

Zumba® Toning (H2): Love Zumba and looking for a little extra fun? Zumba toning combines the Latin moves from Zumba with toning exercises to add a little more challenge to the dance party.