



YMCA of Lincoln

Group Exercise Class Descriptions

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

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

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 this 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 Blast (L2): Break through exercise plateaus or try something new with this heart pounding cardio class. You’ll never be bored as you are led through different cardio formats. May include step, kickboxing, and circuit or functional training.

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.

Chronic Disease Support (L1): This chair-based program is designed to empower people living with Parkinson’s Disease and other neurological disorders and is welcoming to all. Classes will help optimize physical function and help promote overall strength and stability. Exercises will be included to maintain ease of movement, confidence, and independence and will include cardiovascular, strength, balance, and flexibility.

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

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®.

Enhance® Fitness (M1): This nationally recognized arthritis management program is proven to assist adults of all ages in reducing their arthritis symptoms and becoming more active, energized, and empowered for independent living through cardiovascular endurance, strength, flexibility, and balance movements in a relaxed, encouraging, and supportive atmosphere.

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 – Cardio/Strength (L1): Get a full body workout with cardio and strength to the beat of fun music and a variety of exercises that may also utilize a chair. Exercises are designed to increase cardiovascular endurance, muscular strength, and increase balance to help improve movements of daily living. (50+)

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 though 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+)

Functional Strength Training (M2): This class will provide you five fundamental loaded movement patterns utilizing our ViPR (Vitality/Performance/Reconditioning) tool. Movement patterns are combined with resistance training to build agility and strength.

Hip Hop Dance Fitness (H3): This R&B and hip-hop dance fitness class will leave you feeling confident and energized and part of an inclusive community.

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.

Latin Hip Hop (H2): Are you ready to get your Latin groove on? Come join us for a great cardiovascular class that uses fun Latin dance moves and Latin music. This class is appropriate for all levels. No previous dance experience required. Just come ready to have some fun!

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.

Moving for Better Balance (L1): Moving for Better Balance is an evidence-based fall prevention program. It is designed to help participants improve their balance, flexibility, and mobility, as well as increase their confidence in doing everyday activities. The program utilizes the principles and movements of Tai Chi. It is led by a certified instructor and focuses on improving functional ability to reduce fall-related risks and frequency for those with low to moderate risks of falls.

MS (L1): A gentle workout, for people living with Multiple Sclerosis or other physical challenges, designed to maintain strength, flexibility and cardiovascular health. Assistance devices are welcome. The class is held in our Quick Fit Studio, a non-intimidating setting with machines that are easy to use and require very few adjustments. Class is led by an instructor who will take participants through exercises and machines, adapting to the individual needs of each person. As with all of our group exercise classes, this class is a “drop-in” and free to our members.

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.

Pilates Sculpt (L2): This format is a dynamic, full-body workout that combines the core-strengthening principles of classical Pilates with light resistance training to tone and define your muscles. This energizing group fitness class uses equipment like light dumbbells, resistance bands, and Pilates balls to enhance traditional Pilates movements. Expect a low-impact yet challenging session that improves posture, flexibility, and overall body strength – perfect for all fitness levels looking to build lean muscle and enhance core stability.

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.

Quick Fit Studio: Unable to make it to a class or need to get a great workout in quickly? This hydraulic equipment in the Quick Fit Studio will offer you the resistance you need to get both a cardio and strength workout in a short amount of time. This area is great for beginners, active older adults, pre- and post-natal and youth (parents must be present in the area at all times with youth 9-13 years old, unless a graduate of the Youth Fitness Class). Free orientation included in your membership, sign up at the front desk.

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.

Restorative Yoga (L1): A restorative yoga practice gives us the opportunity to slow down the flight-or-fight stress response in our fast-paced modern world. The slower pace and restful poses soothes the

nervous system and creates more space in the body for healing on a deep cellular level. This sequence will only contain 5-6 fully supported poses with blankets, bolsters, and blocks to allow for complete rest and relaxation.

SHiNE Dance Fitness™ (H2): Brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high-cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.

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.

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.

Turn Up Dance Fitness (H2): Turn Up is a high intensity interval training dance workout that feels more like going to the club with your friends. It isn't JUST a group fitness class. It's a community and a movement to evolve unapologetically, live loudly, dance ruthlessly and OWN our greatness together while we take our fitness to the next level.

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 challenging to the dance party.