

ELEVATE YOUR FITNESS



GROUP EXERCISE AT THE Y

Take your fitness and accountability to the next level by taking a group exercise class at the Y! All classes are included in the cost of your membership!

Our trained instructors offer a variety of class types, including many Les Mills offerings, to meet anyone's fitness needs! Instructors work hard to create a positive, encouraging environment for all, and are always available to get to know you and answer any questions.



✓ Included in all memberships! ✓ Fun workouts ✓ Accountability

MIX-UP YOUR WORKOUTS



LES MILLS CLASSES

BODYBALANCE™
BODYCOMBAT™
BODYPUMP™
BODYPUMP HEAVY™
CORE™
GRIT™
RPM™
SPRINT™

FREESTYLE CLASSES

CORE + MORE
FUNCTIONAL STRENGTH
HIIT HUSTLE
LIIT [LOW IMPACT INTERVAL TRAINING]
MORNING MASHUP
INTERACTIVE SPIN [Offered only during winter months]
PILATES
FOREVER FIT
SILVER SNEAKERS
SOULBODY BARRE+ UNHITCHED
S'WET
STRENGTH & CARDIO FUSION
Y'S WAY
YOGA [More about each style at statelineymca.org/yoga]
WATER AEROBICS
ZUMBA

[SEE REVERSE SIDE FOR CLASS DESCRIPTIONS]

LEARN MORE



statelineymca.org/elevate



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GROUP EXERCISE CLASS DESCRIPTIONS

LES MILLS CLASSES

LEGEND C=Cardio S=Strength F/M = Flexibility/Mobility

BODYBALANCE™

BodyBalance is a yoga-based class that will improve your mind, body, and life! During BodyBalance, an inspiring soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance. **[S | F/M]**

BODYCOMBAT™

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. **[C]**

BODYPUMP™

This revolutionary barbell workout challenges all major muscle groups. Class consists of squats, presses, lifts, and curls as you strengthen, tone, and define your entire body. You'll determine the level you work by choosing the appropriate weights. **[S]**

BODYPUMP HEAVY™

The new workout of the decade. This 45-minute class involves tempo-based weightlifting with traditional lifting techniques, slow moves and long recoveries. It's challenging, energizing and builds lean muscle like nothing else. BODYPUMP HEAVY™ is serious strength training made simple and fun. **[S]**

CORE™

Based on cutting-edge scientific research, CXWORX is the ultimate way to get a tight and toned core. CXWORX is 30 minutes of dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body and will leave you looking good and feeling strong. **[S]**

GRIT™

30 minutes of high-intensity interval training [HIIT] developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you to push your body into your max effort training zone – and that's where the results happen! **[C | S]**

RPM™

This indoor cycling workout guides participants to ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. **[C]**

FREESTYLE CLASSES

SPRINT™

Sprint is a 30-minute High-Intensity Interval Training [HIIT] workout, using an indoor bike to achieve fast results and help your body burn calories for hours. This is a short, high-intensity, low-impact workout that is scientifically proven to return rapid result **[C]**

CORE + MORE

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. The instructor may include equipment in this workout to keep it fun and challenging. **[S]**

FUNCTIONAL STRENGTH

A training style that focuses on the whole body and multiple muscle groups while working against resistance mirroring everyday movements to emphasize strength and stability. **[S]**

HIIT HUSTLE

High Intensity Interval Training that activates all the major muscle groups through quick, repeated bursts of strength and cardio moves, with alternating periods of rest and active recovery. **[C | S]**

GROUP EXERCISE CLASS DESCRIPTIONS

LIIT [LOW IMPACT INTERVAL TRAINING]

A low-impact, full body workout, including a good variety of equipment-based and body-weight exercises, with no running or jumping. **[C | S]**

MORNING MASHUP

Rise and shine! This early AM class has something for everyone. Jump start your day with a medley of strength and cardio exercises and a lot of fun! **[C | S]**

INTERACTIVE SPIN

Our indoor group cycling classes provide exciting cardio workouts suitable for all ages and fitness levels. Under the guidance of our instructors, participants simulate riding through various terrains by manipulating their resistance and pedaling faster. **[C]**

PILATES

This class uses Pilates-based mat exercises as well as updated variations to make Pilates exercise fun and accessible to a wide range of fitness levels. Build long, lean muscles, increase your flexibility, and improve posture in this dynamic class. **[S | F/M]**

FOREVER FIT

Energetic class for the active older adult. Work on balance, posture, and strength while making friends! **[C | S | F/M]**

SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living. **[C | S | F/M]**

SOULBODY BARRE+ UNHITCHED

A fusion of Pilates, Yoga, and Ballet. Enjoy the power of a flow that is functional, athletic, and mindful in its approach. Shape, tone, and strengthen the body! **[C | S | F/M]**

STRENGTH & CARDIO FUSION

Build endurance and tone your body in this total body workout, which combines moves from a variety of disciplines [i.e., yoga, Pilates, boot camp, cardio, strength, and more]! **[C | S]**

S'WET

Come on an aquatic fitness adventure of Structured Water Exercise Training that delivers a high intensity, low impact, cardio n strength training experience, S'WET combines muscle, strength, and high intensity interval training [HIIT] with advanced cardio, plyometrics, equipment from the swim world, and a splash of fun! **[C | S]**

Y'S WAY

A combination of cardiovascular, muscular strength, and stretching is geared toward the person who is new to exercise and the active older adult. **[C | S | F/M]**

YOGA

Yoga creates awareness of your body through poses that combine deep stretching with balance. Concentration work is also incorporated into this workout. We currently offer the following varieties: Beginners, Gentle, Hatha, Vinyasa, and Yin. For further information of yoga styles, visit www.statelineymca.org/yoga. **[F/M]**

WATER AEROBICS

This shallow water workout includes callisthetic-style movements with variations of upper and lower body resistive moves. Class participants will march, jog, kick and jump through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. See you in the pool! **[C | S]**

ZUMBA

Come join us for some Zumba fun! Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance moves. **[C]**