

Unless otherwise posted, all group-exercise classes are open to individuals age 12 and above.

### **TABATA**

A style of high intensity interval training. This is the ultimate cardio and strength workout for participants registered in the 8-week boot-camp program. Age 16+. 45 min.

### **MEN'S CORE**

Focus on the muscles that will help you to improve your overall core strength, posture, and stabilization while decreasing back pain. Participants will also work on balance training and do stretching exercises. 45 min.

### **CARDIO CORE**

A core workout combined with simple cardio combinations choreographed to music. 45 min.

### **TOTAL BODY CONDITIONING**

Focus on total body muscular strength and conditioning combined with cardio intervals. Come prepared for a challenge. 60 min.

### **YOGA**

Suitable for all levels, learn the basic postures and breathing techniques while enhancing both your physical and mental wellness. 70 min.

### **TAI CHI**

This ancient Chinese martial art helps to improve balance and strengthen both the body and mind through slow graceful movements. 60 min

### **CYCLING**

Blended format class featuring indoor cycling. This cardio- focused class will elevate the heartrate and improve endurance. 60 min.

### **BOOTCAMP**

A high-intensity advanced cardio and strength challenge. Utilizes a variety of training equipment and styles to work the major muscle groups, core and cardiorespiratory system. 45 min.

### **ZUMBA**

A Latin dance inspired fitness session. Routines feature a combination of fast and slow rhythms that keep you moving to the beat. 60 min.

### **AQUA POWER**

Get your heart pumping and increase your muscular strength with this cardiovascular workout. 60 min.

### **INTENSE AQUA**

A high-intensity class that emphasizes strength and endurance using resistance training. Water dumbbells, boards, and pool noodles are used to improve aerobic capacity, core strength, and muscle tone. 60 min.

### **SILVER SNEAKERS**

Please see the Silver Sneakers brochure for more information regarding the Silver Sneakers Classic, Yoga, and Splash classes.

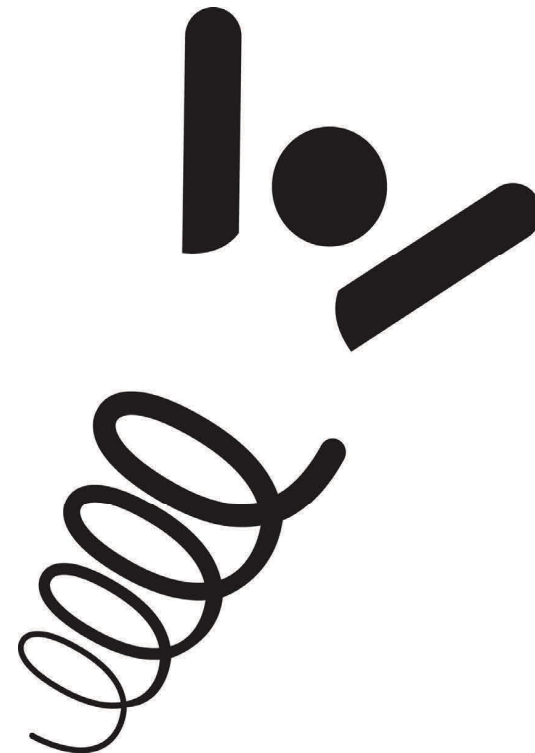
### **CORE DE FORCE**

This class will focus on your core through the combination of fat burning interval training and fundamentals of mixed martial arts. 45 min

### **FLEX PASS**

This 12-class pass gives you the freedom to experience a wide range of classes that fit your schedule. Pass allows you to attend any group exercise classes and is valid for the duration of the 6-week session.

# **GROUP EXERCISE SCHEDULE SESSION 7**



**Brown County Community YMCA  
812.988.9622**