

GROUP EXERCISE DESCRIPTIONS PORTLAND BRANCH – YMCA OF SOUTHERN MAINE

3D Motion: This class is designed to get you moving in multiple directions. Most everyone in their daily lives move in one single plane of motion. We as humans have three planes of motion and this class will challenge your body to move in all three planes as well as spark the brain and add new exercises to your daily routine.

Aquafit: Get fit and get in the water and your heart will be pumping as we go through a variety of water exercises that focus on the whole body. Instructors will keep you on your toes with shallow and deep water, use of music, aqua barbells, noodles, and other equipment. The water helps to support joints, promotes balance, and working against the current gives you just the right amount of resistance.

Arthritis Water Class: This class is designed for people who need to exercise in warm water due to arthritis or other muscle or joint problems. We work on everyday range of motion skills in our heated pool. Enjoy a class with an active group of adults who work on their wellness in the pool and who socialize outside the pool.

Boot Camp: A whole-body workout designed for all fitness levels combining workout techniques from sport-like activities while incorporating your own body weight to achieve ultimate results. Boot Camp will challenge all skill levels to jump-start your fitness regimen and achieve a healthier, more energetic you!

Boxer Circuit: Boxing training has become popular in fitness classes, using pad work, the heavy bag, the double ended bag, shadow boxing and skipping, as well as body weight exercises. It differs from boxing in that Boxer Circuit includes aspects of boxing training but no sparring. This class is a fun way to let off some steam and get a great workout at the same time!

Cardio and Core: An all-levels interval-style mix of cardiovascular paired with core strengthening. Heart rate challenges (spin bike, step, plyometrics and more) alternating with Pilates-style and other core work (body-weight and other equipment) will keep your body constantly adapting to new challenges. Be prepared for whatever life throws at you!

Circuit Training: Get the sweat dripping and keep your muscles guessing as you improve your cardiovascular strength, and endurance along with flexibility. This circuit style class will include a variety of routines that will help work your cardiovascular system.

C3 – Core, Cardio, Conditioning: A 60 minute constantly varying workout will boost muscular strength, cardio stamina, core strength, postural muscles, and balance. Exercises to train a strong core and readiness for the unexpected helps to prevent injury when life throws us curve balls. This workout is tough so life, work, and travel are easy. All levels challenged from newbie to athlete.

Core and Pelvic Floor Training: Functional pelvic floor and core training for weakness, pain, and dysfunction during all stages of life. Participants will focus on low back, abdominal, core and hip strengthening and postural training encased in functional training. The class will teach exercises from Yoga and Pilates to engage the core and pelvic floor muscles collectively, reducing the risk of falls by improving control, and helping increase overall core strength and control.

Cornhole: Cornhole is a bean bag toss with a flair that can be played at any skill level. Maine Senior Games and the Portland Branch of the YMCA of Southern Maine to bring you Cornhole. We will have explanations of rules, scoring and more. Athletic ability not necessary... having fun is a prerequisite! Cornhole promotes balance, agility, and hand-eye coordination. Join us and have fun!

Forever Fit & Advanced Forever Fit: Experience the best training for your age group. Want to get some of your youthful bounce, strength, and balance back? This is a group class with strengthening, cardio, quickness, flexibility. Already feeling pretty peppy, but want to stop time from taking the pep out of your aging body, and put some kick back into it? This class integrates posture, balance, strength, and agility to help you look, act, and feel younger.

Gentle Yoga: This class will ease you into the concepts of yoga and aid you in learning how to connect both your body and mind by practicing calming and centering postures. Gentle yoga will help you listen to how you feel physically and mentally. This class is excellent for beginners, and those who just like a slow, meditative class. Class on Sunday, held at the Greater Portland Branch, provides the gentlest introduction to yoga.

Indoor Cycling: YMCA group cycling is a non-impact, individually paced cardiovascular workout on specially designed indoor cycling bikes. Cycling is the most comprehensive mental and physical training program developed and led by training and certified instructors. Inspirational music and a non-competitive environment ensure a fun, safe, effective experience for all fitness levels.

Kripalu Yoga: This practice promotes self-acceptance, objective self-observation, & patience through a series of postures designed to create and maintain overall health and wellness.

Liquid Toning: This higher intensity class using shallow water as well as deep water with something for the entire body. Resistance barbells will be used throughout the workout. This class is taught in the I-Pool.

LIVESTRONG at the YMCA – A free 12 week, research-based physical activity and well-being program, designed to class. The program provides a safe and supportive environment for cancer survivors to regain their physical, emotional, and spiritual strength and is offered free to any community member and in support of the whole family, includes a complimentary family membership for the 12 weeks the program is in session.

Pilates: This class focuses on holistic body fitness, elongated supple muscles, and balance between body and mind. The emphasis is well rounded complete fitness-building core strength and increasing flexibility. Pilates mat classes focus on integrating the entire body using your own body weight, gravity, and props promoting ease and efficiency of movement through focused and controlled exercises developed by Joseph Pilates.

Pre-Natal Water Aerobics: Current research has shown that regular exercise has many positive benefits for mother and baby including a healthier pregnancy, decreased labor and delivery times, and improved post-partum recovery. This class focuses on cardiovascular fitness, flexibility, general musculoskeletal health and strength building within each participant's fitness level. We also have fun in this class meeting other expecting moms and discussing the physical and life changes that occur during and after pregnancy!

Qi Gong: Qi Gong has been practiced in China for thousands of years, and is often called "Chinese Yoga." "Qi" means vital energy and "Gong" means to work or cultivate. The exercises integrate mind/ body/ spirit, and consist of both dynamic, moving forms and quiet, still meditations. All movements are done with an awareness of relaxation and tranquility. Qi Gong is effective for reducing stress, enhancing energy, and movement of Qi in the organs and meridians.

Sunday Restorative Yoga and Meditation: Restorative yoga is an invitation to take time for you. It's an opportunity to relax, breathe and let go. Restorative yoga restores balance energetically allowing for deep relaxation and rejuvenation to occur within the body. Each posture is held for several minutes with the support of blankets, blocks, bolsters and other props. The class works with awareness around breath, stillness and presence. It strengthens your connective tissue while opening the mind and body through gentle stretching. The class ends with a 10 minute silent and/or guided mindfulness meditation. The practice as a whole is a great compliment to more active practices and an excellent antidote to stress! All levels are welcome.

Tabata Boot Camp: Similar to a regular Boot Camp class with the addition of a couple of rounds of Tabata – 20 seconds of ultra-intense exercise, followed by 10 seconds of rest, repeated continuously for 4 minutes (8 cycles). "Tabata training" has now come to refer to a wide variety of HIIT (High Intensity Interval Training) protocols and exercise regimens.

Vinyasa Yoga: This all-levels class invites students to explore the possibilities of yoga by linking movement with breath. Students are guided through pranayama (breathing) and asana (postures) sequences and encouraged to listen to their own bodies, as a means to deepen individual practices, make adjustments, develop new outlooks and have new experiences.

Y I Train: This circuit style class uses barbells, kettle bells, body weight, and other forms of resistance to achieve better muscular stamina, strength, and overall conditioning. The class format is always fresh and challenging. All levels are welcome.

Yin Yoga: The physical practice of Yin consists of mostly seated or lying postures, held for 3-5 minutes. Because of the long duration of postures, one of the key values cultivated in the practice of yin yoga is patience. Yin postures are almost entirely passive. During the practice, muscles are relaxed. Yin Yoga is said to promote growth and flexibility, clear energetic blockages and enhance circulation. Yin Yoga targets the connective tissue, specifically ligaments and tendons in the joints and spine. Over time, practice of yin yoga can lengthen these tissues, bringing back flexibility and range of motion.

Yoga Flow: This class emphasizes the Kripalu Yoga connection of mind, body, and spirit. Beginning with centering and pranayama (Yogic breathing), then moving into more active and challenging flow series of standing postures, salutations, and balancing, followed by stretching, and relaxation. Classes build endurance, strength, assist in flexibility, and promote balance and relaxation.

Zumba: Zumba® exercise classes blend upbeat world rhythms with easy-to-follow choreography and fitness moves, for a total-body workout that is a blast. It's all about the music and having fun. All levels welcome.