



Open Exercise Class Descriptions

Water Fitness Classes

AM Aqua Blast – Start your day off with an intense & challenging water cardio class. Held in the large pool, water weights, noodles, and kick boards are used to help you burn calories while building strength and endurance.

AOA Water Fitness – An aquatic program for all levels. This class is held in the small warm pool and work-out includes: stretching, cardio, strength, and core work.

Arthritis Class (AOA Joints in Aqua) - Held in the small, warm pool for people with arthritis or other muscle/joint challenges. Works on range of motion skills, doing every day movements Enjoy class with a group of Active Older Adults who work on their wellness in the pool and socialize outside as well. Members of all ages are welcome.

Aqua Yoga - Is a gentle **water** exercise **class**. It uses the basic exercises, principles, and movements of **yoga** and adapts them to a shallow-**water** environment. The program is a gentle and very low impact aquatic activity. With the release of gravity, the body is able to find the best stretch that mat **yoga** may restrict.

Deep Water Fitness – Held in the large pool, this class uses water weights and resistance bands for an invigorating and challenging class. It focuses on strength, cardio, and core.

Splash Dance - A shallow aqua dance fitness workout that uses several dance styles, including Caribbean, salsa and ballroom dancing. It is partner-free, and you will learn the true skill of dance, while blasting away calories in the pool.

This energizing class will have you moving to the beat.

Water Boot Camp – Held in the large pool, this is a fun, fast-paced class for those who are ready for another level of training. Various types of equipment are used to help you meet your goals.

Water Warm-Up – Join Lynn for 30min of low impact class using the natural resistance of water to strengthen core musculature and increase balance, flexibility and coordination. Different types and styles of walking movements will be performed such as forward, backward and side to side.

Mind & Body

Hatha Yoga (1.5hrs) – This basic class introduces you to Yoga flows, gentle inversions AND in-depth breathing work; Levels 1–3.

Gentle Yoga – A gentle, slow flow of Iyengar style yoga, which incorporates all levels of experience.

Stretch & Core - Provides the body with a working foundation of the core. Stretching improves flexibility, range of motion, lengthens muscles and decreases the risk of injury. A body with strength and flexibility is less likely to be injured. This class involves the integration of coordination, proper movement patterns, change of posture, enhancement of balance, increased strength of the spine, and prevention of back injury.

Tai Chi Basics – Moving meditation which will help reduce stress, improve balance by strengthening the lower body and increase overall well-being. Class begins with stretching warm-up, then practices slow-moving Martial-arts type postures and deep breathing techniques following the Yang Long-form style of Tai Chi.

Yin Yoga- Slow-paced style of yoga with poses that are held for longer periods of time – 3 to 5 minutes per pose is typical. Yin Yoga enhances the range of motion in the joints. Yin Yoga focuses on exercising the connective tissues within our joints.

Foam Roller Stretch & Core – Performed mainly on the mat the foam roller is an exercise device used for a relaxing way to relieve pain, prevent injury and support recovery and performance improvement. Includes stretching, warm-up, deep tissue massage, myofascial release. Connect this with a strong Core workout and you will leave this class feeling renewed and revitalized.

Northern York County Branch

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Cardio/Strength Combo

Cardio Kickboxing – This popular training program will have you punching, kicking, and blocking your way through calories in a fun, sweat-inducing kind of way. You'll increase your cardiovascular health, strengthen muscles and increase balance and coordination.

Bikes & Barbells – Cycling combined with a full-body sculpting class, it is designed to increase your performance and enhance muscle tone. This on-and-off the bike class includes weights & core training. Work at your own pace.

Sunrise Bootcamp and Bootcamp – A full-body workout designed for all fitness levels combining techniques from sport-like activities and exercises using your own body weight or hand weights to achieve ultimate results.

Cardio Mix and Core Fit – This class delivers the body with a working foundation of the core with the integration of coordination, proper movement patterns, enhancement of balance, increased strength, combining intervals of cardiovascular conditioning & core focused movements. All fitness levels welcome.

CycleFlex – Cycling with weight and core training. This class takes place on and off the bike, allowing you to work at your own pace.

Functional Fit – Train your muscles to work together and prepare your body for anything life throws at you with this circuit-style workout. Alternating between cardio and total body strength moves ensures you'll get the maximum cardiovascular and muscular benefits, while working the upper and lower body at the same time emphasizes core stability and promotes a strong, balanced body. Modification for all levels allows you to progress at your own pace.

Cardio Barre & Balance – A fun mix of barre, balance and strength, this 60minute total-body workout incorporates resistance, power and flow to beat-driven music. Participants will use a combination of weights and body weight.

Build & Burn – Build muscle and burn fat. Incorporating Cross-training styles and training methods such as resistance training, plyometric, functional training and HITT. Not only does this help create a well-balanced fitness plan, but it can help you reach specific goals.

Muscles in Motion – A fun workout incorporating dance, weights, balls and bands. Set to upbeat music to increase your heart rate and lead you through a healthy, motivating workout. Modified exercise suggestions will be given throughout the class.

Strength Focus

Total Body – Incorporating body weight, resistance bands, and free weights. A full body and core workout. This class will leave you sweating and feeling great!

Core & More – This class takes place primarily on the mat and will use light weights or props. A gentle blend of yoga, Pilates, and athletic exercises for better balance and posture, a stronger core and a tighter waist. Lots of stretching to improve flexibility and decrease pain.

Mat Pilates – This multi-level class blends essential and intermediate exercises of mat Pilates repertoire with correct progression allowing for a great workout while fostering basic principles and fundamentals of mat Pilates format.

Boot Camp – This high performance high energy class mixes traditional calisthenics and body weight exercises with interval training and strength training. Modify to your own level.

Capoeira – A Brazilian martial art form. This class is a blast! Bring your friends and family to participate. Combines elements of fight, acrobatics, music and dance.

Kids Boot Camp – Minimum age 5 years. Get your kids off the couch for 60 minutes of fun, high energy exercise, combining body weight exercises along with hula hoops, scooters, jump ropes, basketball, etc. This class offers consistent, positive and motivational support.

Kids Capoeira – Your kids will love this! A fun exercise performed to drums combining elements of fight, acrobatics, music and dance.

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