

SHEBOYGAN COUNTY YMCA FITNESS CLASS DESCRIPTIONS

Ai Chi is a simple exercise and relaxation program performed in shallow water using a combination of deep breathing and slow, broad movement of the arms, legs and torso. It will improve range of motion, promote blood circulation and increase metabolism.

All Levels Yoga will detox, heal and open your mind, body and spirit. Breathing and focus are used to explore and transition from one pose to the next, while building strength, balance and flexibility.

Arthritis Foundation Aquatics is a program where participants are led by trained personnel through a series of specially designed exercises to help improve joint flexibility. This class will help add muscular strength and endurance with a minimum of injury.

Aqua Fitness is a total body workout using resistance of water. Class is in shallow water on Monday, Wednesday and Friday and in deep water on Tuesday and Thursday.

Back to Basics is ideal for the new exerciser. It includes simple moves and modified cardiovascular intensity.

BODYPUMP™ is the original choreographed barbell class that strengthens your entire body.

Boot Camp utilizes all types of equipment. Your muscles will reach fatigue and your heart rate will climb. All exercises will be timed intervals versus repetitions, so all levels can participate together.

Butts, Guts & More will shape and sculpt your abs, glutes and back.

Cardio Strength is a complete workout in concentrated segments of both cardio and strength.

Chinese Yoga is derived from the Moh Pai Kempo and Pai Hu Shih systems of Shaolin Kung Fu. The system incorporates a series of flowing movements and forms focusing on flexibility, balance and conscious breathing.

EnhanceFitness® includes 30 minutes of cardio and 15 minutes of strength and stretching, a perfect mix! You will use wrist and ankle weights to relieve the stress of gripping and holding weights.

Fit for Life is a mix of cardio and strength.

Flex & Flow Yoga is designed to improve fitness and relaxation through static poses and flowing movements.

Gentle Yoga focuses on developing relaxation and meditation skills. Movements are all done slowly and include different types of stretching. The goal is to increase strength in the back and core, open the shoulders and hips, and develop balance. Come restore the body and mind to its strong, peaceful, happy state.

"HIIT" - High Intensity Interval Training involves short bursts of activity, followed by a short recovery period. HIIT improves cardio and muscular fitness and burns fat. It is adaptable for the beginner to advanced participant!

Kung Fu is the Moh Kempo system of martial arts which, roughly translated, means 'hard work' in Mandarin. This system developed during the late 5th century AD in the Shaolin Monastery in China. From the Moh Kempo discipline evolved such popular styles as aikido, judo, karate, and taekwondo.

Pilates will build core strength, stability and balance.

POUND® is designed for all fitness levels and provides the perfect atmosphere for letting loose, getting energized, improving your health and rocking out!

Power Yoga begins with postures on the mat and then moves into interval training where technique, form, core training and breathing are developed.

Power Yogalates has the meditation and flexibility benefits of Yoga and the strengthening and toning of Pilates.

Pulse, Sculpt & Flow is a full class of fusion exercise to target all aspects of your workout! It includes three blocks of a variety of cardiovascular movements, strength training, rhythmic Pilates and yoga flow.

SilverSneakers® Classic will increase your muscular strength, range of motion and activity for daily living skills.

SilverSneakers® Circuit will increase your cardiovascular and muscular endurance power with a standing circuit.

SilverSneakers® Yoga will move your body through a complete series of seated and standing yoga poses.

Spinning® is a cardiovascular workout performed to music on a trademark Spinning® bike. It is a great off-season opportunity to train for cycling in triathlons.

Strength & Pilates involves strength work during the first half of class and Pilates moves during the second half.

Total Conditioning Circuit is an intense workout that includes cardio, strength and core work by rotating through various stations.

Zumba® is a class to party yourself into shape with a choreographed, Latin-inspired workout.