**Group Fitness Class Descriptions**

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| **20/20/20** | 20/20/20 is a class designed to meet your cardio, strength, and core needs. We’ll spend roughly 20 minutes of each (cardio, strength, and core), all set to awesome music. This class is known as your “One Stop Shop”. For all fitness levels. |
| **Active Older Adult Fitness** | Active Older Adult Fitness is designed for active adults ages 55 and older. You will use weights to tone and strengthen your entire body as well as perform sections of cardio. Class offers options for sitting. This class is great for active older adults, but is also great for anyone new to exercise. |
| **Barre** | Barre is a total-body workout that integrates Ballet Technique, Yoga, and Strength. Students will work to improve posture and alignment, mobility, flexibility, balance, strength, stability, and metabolic health. This is a strength-based class for all fitness levels. |
| **BODYPUMP** | This workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP is THE REP EFFECT™, a breakthrough in fitness training focusing on high reps with low weight. This is a strength class for all fitness levels. Beginners are recommended to start at a lighter weight and arrive 10 minutes early for set up and tips from the instructor. BODYPUMP classes are held on the northside our GYM. |
| **Body Sculpt** | A great way to define and sculpt lean muscle. This class uses weights to tone and strengthen your entire body. This is a strength class for all fitness levels. |
| **Cardio Kick** | Cardio Kick combines traditional kickboxing moves with intense intervals for an unbelievable calorie burn. You’ll have a blast learning hard hitting combos in one of our most empowering classes. This is a cardio class with options given for beginners to advanced. |
| **Group Cycle** | Group Cycle involves various cycling drills that offer an exhilarating cardiovascular workout. A variety of styles and music that you can make your own and have fun all while challenging yourself with each sprint, climb, or interval. This is a cardio class with options given for beginners to advanced. Cycle express is a shortened version of this class, usually around 30 minutes long. |
| **HIIT** | This High Intensity Interval Training (HIIT) class provides the support of group motivation to challenge you to work towards your highest potential and unleash your inner athlete. This is a cardio class with options given for beginners to advanced. May also include elements of strength training throughout the class. |
| **Hip Hop Cardio** | A dance-fitness based class meant to get your heart rate up, make you sweat, and have fun. All levels welcome. No dance experience required. This is a cardio, dance-fitness-based class. This class will be offering on a POP-UP basis. |
| **Line Dancing** | Line dance is a form of dance in which memory and execution come together. Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance. This is a beginner class with little to no impact. Due to instructor availability, this class is offered in the Spring, Summer, and Fall. See schedule for offerings. |
| **Pilates** | Pilates focuses on core conditioning. Movements concentrate on controlling the “powerhouse” muscles, from your shoulders to your hips, while toning, firming, and strengthening your entire body. This is a stretch and core strength-based class for all fitness levels. |
| **PiYo** | PiYo is a mix of Pilates, which focuses on muscle and core building, and yoga, which focuses on strength and flexibility. This total-body workout is designed to strengthen small muscles (triceps, shoulders, biceps, calves) and large muscles (hamstrings, back, chest). This is a strength-based class, sometimes with cardio bursts for all fitness levels. |
| **T’ai Chi & Qi Gong** | These body movements work to improve balance, breathing capacity and circulation while strengthening connective tissue and core muscles. Qigong is called moving mediation as the practice relaxes the mind, strengthens the body and uplifts the spirit. T’ai chi styles include tiger form and western style short form. Beginners are always welcome. This is a mind and body class that focuses on balance for everyone. |
| **Tabata** | Tabata is a 50-minute class designed with intervals of cardio and strength set to awesome music.  This is a cardio based class with some elements of strength and core added in. For all fitness levels with options given for beginners to advanced. |
| **Stretch & Flex** | Stretch & Flex is a class based on yoga and Pilates based exercises and stretches that use primarily your own body's weight and resistance to engage and lengthen muscles for better rotation and mobility. This is a non-impact type of class that is mostly done on a mat with bands or blocks. Great before or after other classes to loosen up and get better flexibility and small muscle/core strength. For all fitness levels. |
| **Yoga Classes** | A mind and body class for stretching and relaxation as well as body awareness. Instructors will talk you through positioning as you learn each stretch and pose. For all fitness levels with options given for beginners to advanced. Yoga Express is a shortened yoga class.  Gentle Yoga is a beginner yoga class geared towards new yogi’s, all are welcome.  Family Yoga is for all family members to attend and must each register a spot. Age 5 and up or at instructor discretion. Parents must participate with their kids, it's not a drop off class. Join your instructor for family, relaxation, fun, and stretching. It is recommended you bring your own yoga mat. |
| **Zumba** | “Ditch the Workout, Join the Party'' for a fun, joyful class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Belly Dance, Flamenco, Samba, Reggaeton, Hip Hop, and popular music. For all fitness levels |

* If you are new to a class or have any questions, please talk to the instructor prior to the start of the class.
* Classes are held in the Clara Barton Room, Fitness Studio, Gym, or Personal Training/Group Cycling Studio. **Please check the schedule for the location of your class.**
* Reservations are required. https://www.winonaymca.org/reservations
* It is recommended you bring your own mat, water bottle, and sweat towel.
* Ages 10-15 may attend classes with an adult and OR at instructor discretion. BODYPUMP and Group Cycle are recommended for age 14 and up OR at parent and/or instructor discretion.
* Questions on our Group Fitness classes, please contact our Fitness & Wellness Director, Jackie Goyette [jgoyette@winonaymca.org](mailto:jgoyette@winonaymca.org)
* Rooms are available for set up 10-15 minutes before the start of your class
* We only cancel classes when absolutely necessary