

NEWPORT COUNTY Y GROUP EXERCISE

CLASS DESCRIPTIONS

****Please** be sure to arrive on time & sign in at front desk. **Class size is 26** max

Members will not be allowed in after 8 mins of class starting. Arriving on time ensures members are receiving a proper warm up before their workout.

****Please** let the instructors know if you are new, have any injuries or need modifications for any of the exercises **before class starts.**

Classes are designated with a **B, I, A**, depending on your fitness. **B= Beginner, I = Intermediate, A= Advanced**

****PLEASE DOWNLOAD OUR NEWPORT COUNTY YMCA APP TO STAY UPTODATE ON SCHEDULE CHANGES****

AOA - Active Older Adults, or anyone who is starting out and looking for gently formatted classes that include cardiovascular, weights and flexibility in your workouts. **B/I**

AOA-Dance Mix-Warm-up, stretch & tone muscles as well as improving core-strength, posture & flexibility. Dance combos & line dancing will enhance coordination, stimulate the mind & inspire your heart & soul. **B/I/A**

AOA-Stretch & Tone- A relaxed stretching of the entire body, along with some gentle leg & ab work-a great way to finish a busy week. **B/I/A**

Booty Barre- Ballet inspired workout designed to get you a toned firm Booty and lovely legs

Body Design – A full body workout using free weights (and other props) to tone & strengthen muscles. Pilates may also be incorporated for core strength. Not geared for cardio but promise to make you sweat! **B/I/A**

Body Blast – Mix of Cardio, Weights, Plyometrics and abs! **B/I/A**

BootCamp- A Bootcamp Style class designed with drills and stations to keep your heartrate up and to make your muscles burn burn burn. It's a combination class using different equipment and bodyweight exercises to increase metabolism and make you sweat! **B/I/A**

BodyAttack-is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength

exercises such as push-ups and squats. **B/I/A**

BodyPump- is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, gives you a total body workout. Instructor will guide you through the moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! **B/I/A**

BodyPump EXPRESS - Same great BodyPump intensity squeezed into 45 minutes!

Irish Step Dancing: A specialized dance class designed to spike your cardio for amazing cardiovascular results! **B/I/A**

CardioBarre: This class weaves together traditional muscle-sculpting barre choreography with exhilarating cardio segments to define and challenge the body in a whole new way. Please Bring Sticky Mat and Socks.

Cardio Core Fusion- A boot camp style class to torch calories with various intervals of HIIT training combined with strength and endurance exercises. Utilizing classic weight lifting, yoga, and Pilates inspired exercises to strengthen and condition the entire body and sculpt the core mixed with interval cardio to increase calorie burn and boost post workout metabolism. class format changes weekly to keep you challenged. **B/I/A**

Cardio Strength Interval- A class based on Cardio and Weight training principles incorporating HIIT style intervals for great results!

Spinning/SpinCore- This non-impact, high intensity workout improves aerobic fitness while increasing endurance and strength. Class may conclude with abs, core and/or strength & stretching. **B/I/A Please be sure to sign in at front desk to reserve a bike! First come, first serve.**

H.I.I.T.- High Intensity Training-Burn as many calories as possible during and after the workout. HIT is continuously aerobic, with periods of intense cardiovascular and/or weight training drills. **I/A. Note- H.I.I.T. Express is similar in format, just shorter in duration.**

Kickboxing-kick and punch your way to a great body while getting your heartrate up and having FUN! **B/I/A**

Kickbox45- 45 minutes of Punching, kicking, and melting fat away!

Step Core Fusion- A boot camp style class to torch calories with various intervals of HIIT training combined with strength and endurance exercises. Utilizing steps, classic weight lifting, yoga, and Pilates inspired exercises to strengthen and condition the entire body and sculpt the core mixed with interval cardio to increase calorie burn and boost post workout metabolism. Class format changes weekly to keep you challenged. **B/I/A**

Step-n-drills – Class Format changes weekly. Weights and cardio step drills are combined to increase a fat burn even hours after your workout! Loads of Fun!

Strength Works- A high energy class with various elements based on the trainers choice. **B/I/A**

Tabata - A high endurance intermittent training. This type of training will increase both aerobic and anaerobic capacity. The high intensity of this class will enable you to burn more calories post workout, your metabolism will still be working hard. Tabata training is for cardio conditioning and will aid in weight loss. **I/A**

Zumba – Have you always wanted to try Latin Dance? Now is the time.... get ready to sweat as you learn easy to follow and **FUN** dance moves. **B/I**

MIND/BODY

Tai Chi - An ancient Chinese art that incorporates isometric controlled movements, which stimulate both the internal and external life force. Class will meet on Second Beach, surfers end

Yoga/Prenatal Yoga - A way to introduce your body to experience a different type of movement and strength (including core and planks) as well as building health & immunity-. All levels welcome. **B/I/A**

Specialty Classes-separate registration and fee required in office

Grit-High Intensity Interval Training: The hottest trend on the planet. Add HIIT to your life to and take your fitness to the next level. You will be addicted to the results.

Prescribe the Y -Kids Classes ages 8-16

Senior Strength – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Class formats may change without notice. Sign in is required for all classes. First come, first serve.