

GROUP FITNESS CLASS DESCRIPTIONS

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Core / Cardio / Mixed / Strength:



Do you do the same workouts day after day? If so, you need cross-training! Cross-training involves combining exercises to work various parts of the body to eliminate imbalances that can arise when we focus on one particular activity. This class will help you to improve overall performance by combining strength, power, endurance, and plyometric components.



Fusing the best of Pilates, Yoga, Aerobics, and elements of the strengthening exercises dancers do, Barre Above delivers a results-driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape.



Beginning Strength uses low intensity strength training to improve muscle, bone, and joint strength while helping develop overall stability. All exercises can be modified, all fitness levels and abilities welcome!



BODYATTACK® is a high-energy, sports-inspired cardio workout that will challenge you with strong, simple, moves and pumping music. Take the high-impact options to push your endurance limits, or take the low-impact options and focus on building your strength and cardio stamina.



BODYCOMBAT® is a high-energy mixed martial arts-inspired workout that is fully non-contact. Punch and kick your way to wellness! Learn moves inspired by Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast, and feel like a champ.



BODYPUMP® is the original barbell workout that gives you the fastest way to tone and condition your muscles. Backed by scientific research, BODYPUMP® creates rapid fat-burning while building strength and endurance through this light weight, high repetition workout.



BODYPUMP HEAVY® is tempo-based weightlifting that challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. Great for beginners!



BODYSTEP® is the ultimate way to give your body a high energy cardio blast that will tone the hips and thighs. With over 2,000 steps per session you'll see the results in record time. Get in step with one of the best fitness classes the world has to offer.



Buns And Guns is a 45-minute circuit-style strength class focused on building muscle and getting stronger. Using heavy weights, resistance bands, and other equipment, this class delivers targeted training for your glutes, legs, and upper body. The dynamic format challenges all fitness levels, ensuring you feel the intensity and see results!



LM CEREMONY HYROX is a 45-minute, full-body, functional circuit training class that combines strength and cardio conditioning. It's designed to be an innovative, high-energy workout with a focus on building strength, improving endurance, and boosting overall fitness. The class utilizes a variety of equipment stations, motivating music, and expert coaching to support your workout!

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Core / Cardio / Mixed / Strength (continued):



Exercising muscles around the core, Les Mills CORE™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, and all the moves have options to dial up the intensity, or dial the intensity back. Enjoy a challenging workout, that meets you where you are in your wellness journey.



High-Intensity Interval Training (HIIT) Strength is a full-body workout that combines powerful strength exercises with short bursts of cardio to build muscle, improve endurance, and boost overall fitness. Expect functional movements, weight plates, bodyweight exercises, and timed intervals designed to challenge all fitness levels!



Go hard. Rest. Go harder. Rest. Go again. Rest. Repeat. The LES MILLS GRIT® Series features three unique workouts featuring High Intensity Interval Training designed for ultimate results in minimum time.

Pelvic Floor Back & Core

This 45-minute class offers a holistic and powerful approach to developing a stronger pelvic floor. Appropriate for all fitness levels, all members, including prenatal and postpartum.

PURE STRENGTH

Improve joint strength and balance with simple exercises designed to improve your stability. This class is designed for those looking for low intensity strength building.



Les Mills Shapes is an invigorating blend of Pilates, Barre, and Power Yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment, and increase flexibility. It's a low impact but intense way to heat up your training.



Step aerobics is a form of exercise that involves stepping up and down on a rectangular, square, or circular platform. This workout can be high or low-intensity depending on participants' desires. We will combine cardio with strength training exercises, making this workout an effective way to improve heart health as well as build muscular strength!



Strength & Conditioning is a 45-minute muscle building class using a mixture of dumbbells, resistance bands, and body weight exercises to sculpt and define the entire body.



SD is designed to build muscle, improve lifting technique, and boost confidence using science-backed strength training protocols like hypertrophy and pure strength, focusing on controlled movements, specific rep ranges, and Time Under Tension to stimulate muscle adaptation.



STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more!



This 45-minute strength and conditioning class is perfect for all levels. Provides an excellent balance of both anaerobic and aerobic work focusing on total body functional movements.

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Cycle:



Group Cycling classes combine energizing music with a unique fitness workout for powerful results. You get all the benefits of aerobic activity, including a great calorie burn and stronger heart and lungs, in a fun and supportive group setting.



Find your own rhythm in a cycling workout that delivers maximum cardio results with minimum impact on your joints. RPM™ tunes you in to great music and takes you on a journey of hill climbs, sprints, and flat riding.



SPRINT® is a 30-minute High-Intensity Interval Training (HIIT) workout on an indoor bike. We combine bursts of intensity, where we work as hard as possible, with periods of rest that prepare for the next effort. Payoff? You smash your fitness goals, FAST!



Calling all the Ladies!! We're bringing a 45-minute ride driven by great music and great times for a "Girls' Night on the Bikes"! Welcoming everyone who identifies in this group, it's sure to be a highlight of each week!

Dance:



Ballet develops strength, flexibility, balance, and grace through extension. Its total-body engagement ultimately develops a more athletic, functional, and refined body. This class is great for adult beginners looking for a low-impact class. A combination of Barre and Ballet.



Get your shimmy on! Belly Dance is a 45 minute, all-levels class, which will explore the fundamentals of this Middle Eastern dance style. It's a dance language that will be expressed in a wide range of moods including mysterious, romantic, and meditative. All are welcome!



IF YOU WANT TO DANCE, THERE'S NOTHING LIKE IT! House, Hip-Hop, Drum 'n' Bass, Trap, and all styles of electronic dance music. It's the soul of BODYJAM® and will leave you feeling euphoric!



Featuring simple but hot dance moves- set to a soundtrack of chart-topping popular hits, dance music, familiar classics, and modernized Latin beats, SH'BAM is the perfect way to shape up and let out your inner star -even if you feel like you have two left feet!



WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music! The WERQouts are nonstop with repetitive athletic moves and fresh steps that are designed for every body. We want you to feel empowered, entertained, and full of love for your body!



Zumba is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.



Zumba Gold welcomes participants of all ages and abilities to join in the fun! It's a lively dance experience set to Latin and International music where you can either follow the instructor or create your own moves. This class emphasizes low to medium intensity exercises, incorporating interval training with fast and slow rhythms to enhance cardiovascular fitness.

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Pilates:

Pilates

Pilates is a system of exercises designed to improve physical strength, flexibility, and posture and enhance mental awareness. This 45 minute class will concentrate on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

LES MILLS PILATES

Magical choreography, hypnotic music, and the latest exercise science designed to improve strength, mobility, and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

Pilates Flow

This class is for those with some Pilates experience and flows at a moderate to quick pace, challenging core stabilizing muscles. Inspired by Joseph Pilates' traditional Mat sequence, get ready to move through the exercises. Small props may be incorporated to enhance your practice.

Yoga/ Mind-Body:

LES MILLS BODYBALANCE

BODYBALANCE® is a class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. BODYBALANCE® brings mind and body into perfect harmony.

Gentle Yoga

Renew your mind and body through simple and gentle movements. This class is perfect for anyone looking to improve flexibility and great for all fitness levels. Yoga Level 1.

Intermediate Yoga

Already familiar with yoga basics and want to deepen your practice? Learn about yogic philosophy—uniting breath, movement and meditation, and how to go farther into postures while building stamina and core strength. Yoga Levels 2-3.

Mindfulness & Meditation

This introductory class offers simple, practical techniques to help reduce stress and increase relaxation. Participants will learn how to identify the ways stress and tension are showing up in the body and mind, be guided through a formal meditation practice, and be introduced to ways to bring mindful awareness into everyday life. The class is welcoming to all experience levels and no special equipment or prior experience is required.

Restore your Core

This 45 minute workout is a whole-body approach to core and pelvic floor wellness. Restore Your Core uses Yoga and Pilates based movements with tailored breathwork to help you regain strength, restore function and move with a new level of awareness in fitness and beyond!

TAI CHI

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion – promoting serenity and peace.

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Yoga/ Mind-Body (continued):



Leave stress and worries behind at the door. Enjoy peaceful ambiance created by the safe, indoor, soft glow of LED candlelight. We will find deep relaxation through restorative yoga practices, and after class, head back into your evening feeling at peace, and refreshed.



Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Students will enjoy an easy to follow, yet challenging flow workout that is sure to raise the heart rate and challenge both those new to yoga, as well as those that have been attending classes for some time.



Incorporating weights with yoga poses, this class promises to challenge those looking to increase flexibility and strength. With an emphasis on core strength and stability, each class will focus on form as we activate and strengthen all major muscle groups.



Les Mills YOGA is a four-part offering (Breath, Hatha, Vinyasa, Yin) that opens up different types of yoga practices. The instructor is certified in all four modalities against LM International standards. Listed this way, the instructor will choose which modality to lead that class.



Les Mills BREATH is a mind-body wellness experience blending ambient music, guided breathwork, and simple, flowing movements to improve breath control, enhance mental clarity, and support emotional release, leaving participants feeling grounded, present, and calm.



Les Mills HATHA is a yoga class focusing on alignment, strength, and stability, acting as a foundational practice within the broader Les Mills YOGA series. It uses slower, mindful movements and controlled breathing (pranayama) set to rhythmic, grounding music.



Les Mills VINYASA is an energetic, music-driven yoga format within the Les Mills Yoga series, focusing on athletic, flowing sequences that sync breath with movement to build heat, strength, and flexibility.



Les Mills YIN is a restorative yoga class focused on deep stretching, relaxation, and calming the nervous system through long-held, passive poses that target connective tissues (fascia) for deep release, contrasting with the "yang" energy of daily life to bring balance and mental clarity.