



Group Exercise Class Descriptions

Programs vary by branch; schedules are available on our schedules page.

- 20/20/20 - Get it all in one class. 20 minutes of floor/step aerobics, 20 minutes of toning and 20 minutes of stretching makes this class a great part of your fitness regimen.
- BARRE | Beg - Adv Set to a blend of fun, energetic contemporary and classical music, incorporates an upper body workout with light weights, a sculpting abs portion, and a combination of high-intensity sequences of thigh, seat and core exercises at the barre. Feel invigorated, challenged, and inspired.
- BARRE FUSION | Beg - Adv This class combines the best of Barre adding in elements of Pilates, yoga, dance and more. This class was created with a focus on fine-tuning your muscles.
- BODYCOMBAT™/ BODYCOMBAT™ EXPRESS | Beg - Adv LES MILLS™ program. A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness, no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. BodyCombat is offered as a 55 or 45 minute workout.
- BODYPUMP™/ BODYPUMP™ EXPRESS | Beg - Adv LES MILLS™ program. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. BODYPUMP™ is available as either a 55, 45 or 30-minute workout.
- FIT & DEFINE | Beg - Int All the fitness training you need. This hi - lo cardio workout and strength training will get your heart pounding and define your body.
- FAMILY FITNESS | Get moving together as a family and have fun doing it! Relay races and games mixes with calisthenics and conditioning. Ages 5 and up are encouraged to come!
- HIIT (High Intensity Interval Training) | Int - Adv This 30 minute interval-based class is designed to burn fat and increase your endurance through high intensity exercises and short breaks. Be prepared to sweat!
- INTERVAL TRAINING | Int - Adv This 55-minute class combines a series of strength and cardio intervals using various equipment designed to improve strength, cardio endurance and overall fitness! Combining both strength training and cardio into your daily workout is key to improving form, endurance and daily calorie burn.
- KICKBOXING | Aerobic conditioning with a punch. Kick your regime up a notch and see. May use kicking bags and jump ropes.
- PILATES | Increase core stabilization, strength, flexibility and balance using controlled breathing and mindful movement
- PLYOGA | PLYOGA is a four part interval training system using the benefits of fundamental and accelerated yoga as an active recovery for plyometric (reactive) movement. PLYOGA is for everyone from a fitness beginner to a perennial athlete trying to connect with their inner athlete. No equipment. Just you.
- POP PILATES | Beg - Adv An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges

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individuals to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched.

- SIT & BE FIT | Beg - Both seated and standing exercises are done to improve your muscle strength, cardio fitness, bone density and balance. This class is for members who are new to exercise, coming back from an injury and for our active older adult members. All exercises can be done seated if needed. (Low Impact)
- STRENGTH & SCULPT | Beg - Adv A total workout using various types of equipment including hand weights, body bars, medicine balls and resistance tubing to strengthen the entire body.
- STRONG 30 – Using only your bodyweight STRONG by ZUMBA will test your strength and stamina in a powerful cardio and muscle-conditioning session in one, all led by music. STRONG 30 packs a challenging and total body workout in 30 minutes. The efficient and focused class helps you fit fitness into any schedule.
- TAI CHI | Learn basic form and meditative movements. You will be taught to apply knowledge to everyday life, improve your natural healing ability and wellness.
- TOTAL BODY CONDITIONING (TBC) | Beg-Adv Total Body Conditioning is a head to toe strength and toning workout achieved through high repetition exercises that incorporate body bars, dumbbells and more.
- Y WALKERS | Beg - Int Walking with a purpose to improve cardiovascular and muscle endurance, muscular strength and flexibility.
- ZUMBA® | Beg-Adv Enjoy a calorie-torching, heart racing, muscle pumping fitness dance party to energetic music.
- ZUMBA Gold – Easy-to-follow ZUMBA choreography that focuses on balance, range of motion and coordination. Perfect for active older adults who are looking for a modified ZUMBA class that recreates the original moves you love at a lower intensity. Come ready to sweat, and prepare to leave empowered and feeling strong.

SPIN CLASSES

- SPIN / EXPRESS SPIN | Beg - Adv Our instructors will take you on journeys that include standing and endurance rides, hills, climbs, intervals and sprints. Spin is available as a 55 minute ride or as an Express 30 minute ride.
- BEGINNER SPIN | Beg - Adv This no-pressure beginner spin class lets you set your own pace with guidance from our spin instructors.
- POWER STAGES SPIN | Beg - Adv This 55 minute ride is for the goal oriented, athlete or for those simply motivated by results and enjoy stats! Enjoy terrains including flats, sprints, climbs, jumps and recovery. You will work on improving your individual performance metrics to motivate you throughout the ride.

YOGA

- CHAIR YOGA | Beg. A gentle style of yoga that is practiced in a chair or standing using the chair for support. Great for everyone, as it deepens flexibility, strengthens personal body awareness, and incorporates yoga breathing exercises. (Low Impact)
- GENTLE YOGA | Beg. A restful, calming class including breathing, gentle flowing movement, passive and supported poses. This is a perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga. (Low Impact)
- HATHA YOGA | Beg. - Adv. Focus on a variety of traditional yoga poses, standing and seated. Increase your strength, flexibility and posture. (Low Impact)
- MEDITATION | All levels Meditation is the process of quieting the mind in order to spend time in thought for relaxation or religious/spiritual purposes. The goal is to attain an inner state of awareness and intensify personal and spiritual growth. In practice, meditation

involves concentrated focus on something such as a sound, image or feeling. (Low Impact)

- QI GONG YOGA | Beg. - Adv. "Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent." - nqa.org (Low Impact)
- TAI CHI | Beg. – Adv. An ancient Chinese martial arts widely practiced for its mental and physical health benefits. The slow, flowing movements often referred to as meditation in motion, are used to promote balance, coordination and stress reduction. (Low Impact)
- VINYASA YOGA | Int. - Adv. Synchronize the breath with a progressive series of postures - produces Internal heat and a purifying sweat that detoxifies. Improve your circulation, flexibility, strength, and calm your mind. More challenging practice - form and alignment emphasized.
- YOGA | Beg. - Adv. Foster's body awareness and dynamic balance while improving your joint stability, core strength and flexibility. (Low Impact)

AQUATIC GROUP EXERCISE (Low Impact)

- AQUA AEROBICS/ GENTLE AQUA AEROBICS | Beg. - Adv. A low-impact aerobic workout designed to work every major muscle group. The water's buoyancy decreases stress on hips, knees, ankles and feet. Need less? Try our Gentle Aqua Aerobics class.
- AQUA DANCE/AQUA ZUMBA® | Beg. - Adv. Make a splash by adding this low-impact, high-energy aquatic exercise class to your fitness routine! This class blends the Zumba philosophy with water resistance.
- AQUA YOGA | Beg. – Adv. Aqua Yoga takes the practice of Yoga into the water for a gentle and low impact class.
- AQUA TABATA | Int. - Adv. This class combines high intensity interval training with the properties of water that result in a fun, high cardio workout to blast calories.
- ARTHRITIS AQUATICS | Beg. - Adv. Endorsed by the Arthritis Foundation you can enjoy physical activity while increasing strength, mobility and flexibility. For all ages with Arthritis, Fibromyalgia and other rheumatic related conditions.
- H2O CARDIO | Int. - Adv. This challenging class incorporates high-intensity, non-impact strength and cardiovascular movements to provide one of the best forms of exercise. Participants must be comfortable in deep water.
- H2O TIDAL WAVE | Int. - Adv. A high intensity workout in deep water set to music, emphasizing cardio and strengthening arms, legs and core.