

West Suburban YMCA Group Fitness Class Description

Strength & Conditioning Classes

Bootcamp

Take your game to the next level! This advanced, multi-functional class incorporates cardiovascular conditioning with calisthenics and muscular strength conditioning.

Keeping Fit

This low impact full body workout is great for 55+. Focused on functional movements, strength and cardio intervals. **Perfect for seniors*

Step & Sculpt

Increase cardiovascular fitness and muscle tone while creatively using a bench platform mixed with weight intervals.

Bodyweight Bootcamp & Stretch

This multi-functional class incorporates cardiovascular conditioning with calisthenics and muscular strength conditioning. Finishing with deep stretching to increase flexibility and mobility.

Muscle & Stretch

This class starts with a 30-minute straight up strength class designed to take the guesswork out of your strength training program. This no frills class targets every major muscle group and builds your strength week over week. Finishing with 30-minutes of deep stretching to increase flexibility and mobility.

Have A Ball

The stability ball is a versatile piece of training equipment that can help improve your core strength, posture, balance, and flexibility.

Muscle Conditioning

This strength training class is designed to work your core and strengthen all major muscle groups.

Total Body HIIT

This is a high intensity interval training class that will leave you breathless, boost your metabolism, and burn calories well after class is over. Be prepared for compound movements that will challenge different muscle groups.

Cycle Class

Cycle

This no frill, all feat ride will scorch calories, build endurance and strength, and improve cardiovascular health. Be prepared for high intensity intervals, sprints, and hills set to heart-pounding music. We motivate you to crush your goals leaving you ready to take on your next challenge off the saddle.

Dance Fitness Classes

ZUMBA

Dance through your workout in this high-energy class based on popular Latino dance moves.

BOLLY X

This class is a Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world.

Cardio Dance

This is an exhilarating cardio class set to the beat of radio hits (pop, hip hop, international rhythms). Dance moves and calisthenics are choreographed together keeping you on your toes. These fun yet challenging combos are designed to tone and sculpt your body while burning fat.

Dance

Dance incorporates various dance styles choreographed to upbeat music of various genres.

Dance Fit

This low impact full body workout. Incorporates the fun of dance with traditional strength and cardio exercises. Perfect for 65+. **Perfect for seniors*

Mind/ Body Classes

FLOW YOGA

Flowing from one pose to the next, linked by breath with movement. Build strength and flexibility. Class may be more focused on strength or flexibility, or mixed based on the instructor. Slow pace. 5-8 breaths per pose.

YOGA

In this slow-paced class, yoga practitioners of all levels will benefit from the emphasis on breathing, alignment, flexibility and focus.

Seated YOGA

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include. improved flexibility. better concentration.

**Perfect for seniors*

Pilates

Work your muscles deep to the core to strengthen your entire body. This class is based on the training of the Pilates method. **Perfect for seniors*

Barre Pilates In Motion

This class is a total body workout. Perform small isometric movements to focus on toning your arms, core, gluts and legs. **Perfect for seniors*

Aqua Fitness Class

Aqua Fit

Water aerobics. Improved heart health and better stamina are just a few of the reasons why aerobic exercise makes for a great workout. However, not everyone loves getting hot and sweaty at the gym or on a run. For those who would rather enjoy some pool time, water aerobics is a great way to raise the heart rate in a fun, unique, and low-impact environment. **Perfect for seniors*