



FITNESS CLASS DESCRIPTIONS

MARINETTE-MENOMINEE YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- LES MILLS BODYPUMP™** Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed 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.
- LES MILLS SPRINT** The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.
- LES MILLS BARRE™** A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.
- LES MILLS CORE™** Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
- LES MILLS GRIT™** 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.
- LES MILLS BODYCOMBAT™** High-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. 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.
- LES MILLS SHAPES™** An 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!
- Y-WALK** Designed to keep your body moving while creating stability and confidence in active older adults. This 30 min class uses motions to target the whole body and bring your heart rate up with movements such as lifting the arms, squatting, raising the knees, and more. An instructor to encourage you, but a class you can take at your own pace.
- SilverSneakers** Designed for active older adults. Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support

Group Cycling	Your instructor will bring the intensity in a 30 to 45 min class to improve cardiovascular endurance and calorie burn. Using Stages Flight a web-based data analysis with screen display, dynamic FTP testing, custom intensity rides, GPS rides, and competition modes.
Tone It Up	Designed to increase strength and tone it up by using weights, tubing, body weight and a step bench for a full body workout
FitYoga	Exploring your limits physically and mentally, working all parts of your body equally to create balance that will complement other activities of daily life. The class is offered in a peaceful, relaxed atmosphere to release stress and tension.
Zumba®	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.
Chair Yoga	Find your center and get grounded in body and mind in this gentle class. Chair yoga is practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting you where you are.
Movement	Simple warm up with standing or sitting with weight and band work.
Intervals	4-5 minute rounds of different step variations mixed with 1-2 minute rounds of lightweight work, and end with 10-15 min of stretching. Using different weights, steps, bands, and movements to get a full body workout.
Pilates	Works on creating balance in the human structure through purposeful movement, body awareness, and focused breathing while strengthening your core.
Cyclelaties	You'll start with 20-25 min of cycling followed by a transition to Pilates mat work. Strengthening your core, relieving stress, increasing cardiovascular and muscle endurance, and improving flexibility, while encompassing you as a whole through spirit, mind, and body.
Yoga	Any of our yoga classes will blend balance, strength, flexibility and power. Open your body using movement with breath, increase coordination, improve range of motion in your shoulders, spine, hips and legs, and create body awareness. These classes will leave you feeling refreshed on and off the mat

WATER FITNESS

Water Warriors	This high intensity aqua class is a full body workout focusing on functional fitness. Utilizing the shallow and deep ends of the pool, you'll be challenged with speed, muscle strengthening poses, and balance. Great cross training class for those that primarily do land training
Water Works	Shallow water cardio class with a moderate intensity that may include shallow kickboxing moves along with the use of gloves, barbells, noodles, and balls. A great cardio workout and a way to condition your muscles with lower impact.