



# BRADFORD COUNTY BRANCH YMCA

## Fitness Schedule Class Descriptions

<b>SilverSneakers®</b>	<b>ZUMBA® Fabulous</b>
SilverSneakers® is a low-impact class that helps improve muscle strength, endurance, balance, coordination, agility and relaxation. Classes are taught by our certified instructors and chairs are provided for support, stretching and relaxation exercises	A modified Zumba® class that recreates the original moves you love. Individuals with diverse abilities or exceptionalities welcome (Parents and/or caregivers must stay in the building during the class). Focuses on balance, range of motion, endurance, coordination, and rhythm
<b>Spin</b>	<b>Strength With Rachel</b>
High intensity indoor cycling workout. Your legs are constantly moving and you have to apply pressure to slow them down. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome	This muscle conditioning class focuses on the upper body – arms, shoulders, chest, back, and core. Build endurance and develop coordination and balance. You can expect to use a variety of different equipment such as weights, bands, balls and other tools to get stronger and leaner
<b>Endurance</b>	<b>POUND®</b>
The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. ... The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body	This workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout. POUND offers a full-body workout and targets common trouble spots. Each participant gets a set of drumsticks. This high-intensity workout incorporates rhythmic movements to get the class literally pounding the floor as they sweat
<b>ZUMBA TONING®</b>	<b>Yoga</b>
This class is a blend of body-sculpting techniques and specific Zumba moves into one calorie burning, strength training class. You will use weighted Zumba Toning Sticks to enhance rhythm, build muscular strength and tone	This class is suitable for all levels but very beneficial for those that are new to yoga or want to relieve stress and anxiety. It is a gentle class that will ease you through asanas (postures) and a guided relaxation at the end
<b>ZUMBA®</b>	<b>Body Beatz</b>
Dance your way to a fitter you with this exciting class that incorporates unique Latin moves and rhythms	This high energy class will keep you moving to the beat with easy to follow, fun choreographed strength and cardio routines
<b>Combo</b>	<b>Stability Ball</b>
A mix of cardio and endurance. Each round focuses on a different muscle group/area of your body...legs, arms, and core. Everyone goes at their pace and uses weights at their level	Strengthen, tone, and stretch your entire body with exercises that combine stability balls and free weights focusing on improving posture, balance, and flexibility, while challenging your core

All classes are subject to change. All participants must be 13 years of age or older. All fitness levels are welcome in every class.  
Inform the instructor if it is your first time participating