



# OLD COLONY YMCA – TAUNTON

## GROUP EXERCISE CLASS

### DESCRIPTIONS

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

#### Adult Fitness – Ages 13+

##### **Power Circuit – New!**

A high energy, high intensity class of strength & cardio intervals. Participants work all together or in small groups for timed durations. Get ready for fast-paced fun adaptable to many fitness levels.

##### **Aqua Aerobics**

This moderate intensity exercise program held in the water will give you the benefits of a cardio and toning workout without the stress on your joints.

##### **Boot Camp**

Heart pumping cardio drills combined with full body muscle conditioning to tone and tighten your entire body. Instructors provide modifications for all fitness levels.

##### **Cycle Lite**

Have you ever wanted to try indoor cycling but were intimidated? Cycle Lite is a 30-minute class designed with you in mind. Learn the principles of indoor cycling, while getting a quick and efficient cardio workout.

##### **Hatha Yoga**

Previous yoga experience is not required. Welcomed to yoga focused on developing strength, endurance, flexibility and correct body alignment. A variety of poses are incorporated to build strong legs, increase general vitality, and improve circulation, coordination and balance.

##### **Indoor Cycling**

Come ride with us! Time flies by as you work up a sweat to great music and motivational instruction. Designed to improve cardiovascular fitness, strength and stamina. Reserve your sport 30-minutes prior to class at the Welcome Center

##### **Kettlebell/Strength Combo**

The perfect combination of traditional strength training exercises combined with the cardio/strength benefits of Kettlebells. The result is an efficient, calorie-burning workout designed for a variety of fitness levels.

##### **Pilates**

The ultimate mat workout designed to strengthen the core and develop long, lean muscles.

##### **Step & Abs**

Maximize your cardio fitness and your fun! Intervals of choreographed step patterns are mixed with optional "cardio blasts" to burn calories and build endurance. Work at the pace just right for you. Class wraps up with abdominal strengthening exercises and a relaxing stretch.

##### **Target Strike Kick-Boxing**

The ultimate class designed with use of the Wavemaster® kickboxing bag. Enjoy this challenging cardiovascular workout which incorporates a variety of strikes, kicks and punches.

##### **Total Body Conditioning**

Use weights, body bars and medicine balls while you focus on moves designed to increase strength and build muscle mass.

##### **Turbokick®**

Turbokick is the hottest cardio kickboxing class around! This fun workout combines shadow boxing, kickboxing, sports drills, and dancing to help you get in, and keep in shape.

##### **ZUMBA®**

Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

#### Youth Fitness – Ages 6-12

**Children's Yoga** – A creative approach to yoga will improve focus, stimulate imagination, and release energy.

**Kids Workout** – A fun, fast paced class that focuses on functional activities that help bodies become stronger. Heart pumping cardio drills combined with full body muscle conditioning to tone and tighten your entire body. Instructors provide modifications for all fitness levels.

**Zumbatomic** – Groove to all the Zumba dances (salsa, cumbia, reggaeton, hip-hop and more).