



## O'Fallon YMCA Fitness Class Descriptions

**Crosstraining:** This class is packed with variety, providing benefits both physically and mentally. It may include kickboxing, step, classic aerobics, circuit training, or any combination of these. (50-60 minutes)

**A.O.A.:** (Active Older Adults) It is easy to follow along with our senior fitness workout. Get started with light walking, upper body toning (with or without weights) in chairs, and stretching. (60 minutes)

### **Advanced Athletic Training: Run Faster-Jump Higher-React Quicker**

A challenging conditioning program for young athletes in all sports who are looking to improve their power, speed, quickness, and explosive capabilities on the field or court.

Training will include: Functional training, plyometrics, core training, speed/agility training, total body explosive exercises

**Bodyworks:** Using weights, balls and resistance tubes you will target and tone the entire upper and lower body muscles as well as the abdominals. A great class to tighten and tone problem areas. (check the front of schedule, times vary)

**BOOT CAMP:** Are ready for results? Is your workout becoming routine? Are you ready to try something new? Then it's time to get serious and take your exercise routine to the next level by enrolling in Boot Camp!

**Y Cardio -Cycle:** Your way to fitness and improve muscle tone and endurance with this customizable, fun, challenging class that uses stationary bikes, upbeat music, and motivating instruction for an invigorating cardiovascular workout. (45-60 minutes)

**Y Road-Cycle:** Your way to fitness and improve muscle tone and endurance with a ride that simulates being on a long ride on the open road and being a part of the pack.

**Circuit Cardio:** In this program a variety of activities will be rotated. Participants will focus on all components of fitness as well as functional training to help with daily tasks. The instructor will continue to motivate you each time through goal setting, guidance, and support. (60 minutes)

**Core Motion:** Get on the ball in our dynamic new class using a large stability ball. The ball will engage your core muscles throughout each exercise as you improve cardiovascular fitness, strength, and balance. (60 minutes)

**Fitness Yoga:** Achieve lasting relaxation while elevating your fitness level with our unique Hatha Yoga Class. Learn basic breathing and stretching exercises to increase your flexibility and muscle tone. Come discover the power of the mind and body.

**Kettlebell Explosion:** Kettlebell: Kettlebells are traditional cast-iron weights resembling a cannonball with a handle. This workout can produce impressive gains in the legs, hips, and shoulders, and help you use your body as one unit instead of individual parts. (Loose weight, boost metabolism, build core strength) ***This is a 7 week commitment and requires regular attendance.***

**Kettlebell 101:** This brand new class is a prerequisite to our Kettlebell Explosion classes. You will learn proper technique of all the basic kettlebell moves. Once you have taken this seven week course you will be fully ready to take on the next challenge.

**Kickfit:** This class combines upper body boxing punches with lower body kicks for a super cardio workout. (30 minutes)

**Power Pump:** This class introduces you to weight room exercises performed with a new piece of equipment called the "body bar". You will strengthen, define, and tone every muscle group for a complete strength-training workout. The class is open to nineteen participants. (check the front of schedule, times vary)

**Muscles In Motion:** Geared toward active adults and set to the musical stylings of the 50's & 60's. Using weights, balls and resistance tubes you will target and tone the entire upper and lower body muscles as well as the abdominals. A great class to tighten and tone problem areas. (check the front of schedule, times vary)

**30 Minute Abs:** Trim up your midsection with this new thirty-minute workout. This class will teach you proper exercises and form to effectively strengthen the abdominals. Starting with crunches and then moving on to core strength moves including side bends and planks for plenty of variety.

**Pilates:** Pilates offers a complete body conditioning method that uses the "Power House" muscles, e.g. abdomen, lower back, hips, and buttocks. You will lengthen, strengthen, and reshape your body without joint stress. Form and principles of Pilates are based on the philosophy that mind and body must work together in order to achieve overall fitness. (50 minutes)

**Power Hour:** Combine the most effective fitness tools in the industry and experience the best of cardio and strength. (Allows you the ability to get the most out of your workout in the same allotted amount of time, produces a higher level of all around conditioning, conditions the entire body, not just specific muscle groups, reduces the risk of injury)

**Step-intermediate/advanced:** For individuals that have step experience and are ready for a powerful workout using our adjustable steps. You will learn challenging combinations designed for the intermediate to advanced stepper. Abdominals included. (60 minutes)

**S.O.S:** This is a great class for older adults (55+) who are seeking a great workout that will incorporate strength training. (Build strength & muscle mass, proper weight maintenance, preserve bone density, reduce the risk of osteoporosis)

**TRX (Iron Circuit):** Join us for the best of both worlds, strength training and cardio all in one. We have combined two of the most unique tools in the fitness realm, Kettlebells and TRX Suspension training to give you the best workout you will ever experience.

**Fitness Yoga:** Achieve lasting relaxation while elevating your fitness level with our unique Yoga Class. Learn basic breathing and stretching exercises to increase your flexibility and muscle tone. Come discover the power of the mind and body. ***Yoga For Stress Relief*** will help you relax, clear your mind and de-stress your body. ***Yoga Strength + Flexibility*** is for the individual with an active lifestyle (runners, cyclists, swimmers ie. athletes) who are looking for strength and flexibility as it pertains to their performance.

**YXF (YMCA Xtreme Fitness):** YXF is designed with extensive scalability in mind, and that is why it is the ideal application for all individuals no matter their level of experience. We scale load and intensity without changing the program. YXF is not a specialized fitness program but a deliberate attempt to help you improve in the following areas: Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance and Accuracy.

**Zumba:** Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.



