



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Wylie YMCA Group Fitness Class Descriptions

Athletic Conditioning: A TOTAL BODY workout combining elements of explosive cardio, strength, speed, balance, agility, core conditioning, and FUN!! Classes vary each week using different count combinations, equipment, and techniques. Different ability levels work within goal ranges according to each timed segment. Tiered options and modifications provided! **Levels 1-3**

Cardio Funk: A dance based fitness class that provides high energy cardio interval movements to fun and energetic music. **Levels 1-3**

Christian Yoga: A class that offers a Christian yoga practice to connect to God through his word, worship and wellness. Set to Christian music, the practice includes scripture, meditation from the Bible and leader led prayer. The class emphasizes traditional yoga alignment for strength and flexibility; breath for relaxation and healing; and meditation for a Christ-honoring experience to connect to God through his word. **Levels 1-3**

Fit Over 50: A class designed uniquely for members over 50. This class will work on strength, flexibility and endurance. **Levels 1-3**

Gentle Yoga: This is a restful, calming class that will include breath work, flowing movements, passive and supported poses. This class is suitable for all levels, great for beginners and those with limited mobility. **Levels 1-3**

Pilates: Working from the core outward, you will progress from beginning to intermediate exercises, improving your strength, flexibility and the balance between the two in the process. Learn skills to achieve balance and flexibility while lengthening and strengthening through mat work developed by Joseph Pilates. Mat class. **Levels 1-3**

Power Yoga: This yoga class is a system of practice used to create balance on all layers of self (physical, energetic, emotional and mental) using the three main threads of yoga practice: body, breath, and mind. The Asanas: (poses), Vinyasas: (flowing movements), Pranavama: (breathing techniques), and turns on the mat, are creatively integrated while using all major ranges of mobility for arms, leg and spine. The primary goal of practice is not to target the body, but to target one's concentration, focus and attention: to turn it all inward, creating a serenely stable inner atmosphere conducive for awareness and personal development. **Levels 1-3**



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