



# CLASS DESCRIPTIONS

## Active Older Adult

**Cardio Dance 101:** Get your feet moving & your heart pumping to a mix of great tunes from Top 40 hits, Country, Latin, Pop, Reggae, and more!

**Chair Balance and Stretch:** Improve strength and flexibility using a chair.

**Chair Yoga:** This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Enhance® Fitness:** Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and functional movement for daily living. Hand-held weights, elastic tubing with handles, and balls are used for resistance training which can take place either in a chair and/or standing.

**Functional Fitness:** A motivating way to get fit while having fun with low impact moves set to music from the 70's-mid 2000's music era. A great way to get your metabolism, agility, and balance to a new level. Great for the those seeking an effective low impact cardio workout.

**Hinges & Twinges:** An aquatic program taught at a lower intensity level that is geared towards active older adults. This class highlights a variety of exercises, and its purpose is to reduce pain and stiffness while increasing range of motion of the joints.

**Low Impact:** Enjoy cardio and resistance training in a low-impact environment where the instructor combines fitness with fun activities. This total body workout is designed for anyone young at heart and who enjoys a little laughter along the way.

**Retro Cardio:** A motivating way to get fit while having fun with low impact moves set to music from the 70's-mid 2000's music era. Great way to get your metabolism, agility, and balance to a new level. Great for the those seeking an effective low impact cardio workout.

**Senior Fit:** Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and functional movement for daily living. Hand-held weights, elastic tubing with handles, and balls are used for resistance training which can take place either in a chair and/or standing.

**Senior Power Yoga:** This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Walk for Fitness:** Low impact walking to music using the body to build endurance, flexibility, and balance.

**Zumba® Gold:** Zumba® for the young at heart or the beginner. This Latin-based dance workout is fun and easy to follow. Dance your way to fitness!



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## Aqua

**Aqua Aerobics:** This aerobically challenging class highlights a variety of exercises designed to get the heart pumping while using a combination of aquatic equipment for strength and toning.

**Aqua Boot Camp:** This is a high intensity, fun and energetic water workout designed like no other!

**Aqua Jog:** A no-impact deep water class. Participants wear aqua belts while participating in exercises that promote cardiovascular endurance and strength.

**Aqua Mix:** A rotation between Aqua Tabata and Aqua Aerobics.

**Aqua Power Up:** This aerobically intensive class not only raises your heart rate for a great cardiovascular workout, but also includes stretching and toning for all muscle groups.

**Aqua Tabata:** A moderate to high-intensity interval training class in the water. Participants use maximal effort for 20 seconds and active recovery for 10 seconds for 8 rounds. This class is set so you can work at YOUR own maximum effort, so all levels can benefit.

**Aqua Therapy (Registration Required):** A water aerobics class designed specifically to ease the symptoms of multiple sclerosis. Registration required. Please contact Jennifer White: [jwhite@ymcatulsa.org](mailto:jwhite@ymcatulsa.org) for more information.

**Aqua Volleyball:** Volleyball taken to the pool - this fun and playful workout is just what it sounds like - you can jump, dive, dig, and set your way into a very community oriented self-paced workout.

**Aqua Zumba®:** A low-impact, high-energy aquatic exercise class. This class is designed to work at your level of fitness.

**Hydro Box:** Experience the BEST of cardio and strength! Hydrobox crosses generations with choreography that features an edgy kickboxing flavor. Enjoy this high energy water class suited for all fitness levels.

**WATERinMOTION®:** WATERinMOTION® is an exciting workout that combines cardio training with muscle toning in the massaging environment of the pool. Amazing music, fantastic teachers and outstanding aquatic choreography make anyone, of any age or fitness level, ready to make a splash!



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## Cardio

**Cardio Blast:** A mixture of cardio and strength with an emphasis on cardio. This class uses intervals that effectively tone and strengthen your entire body.

**HIIT:** An enhanced form of interval training. This exercise strategy alternates periods of short intense intervals with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition.

**Kickboxing:** Uses a variety of equipment to build stamina, muscle endurance, and strength. Great for all levels.

**Tabata:** One of the most popular forms of High Intensity Interval Training (HIIT). Tabata consists of eight rounds of high intensity exercises in 20 seconds-on, 10 seconds-off intervals.



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## Cycle

**Cycle:** A group exercise class done on special stationary bikes. During the class, the instructor simulates an outdoor ride. Travel on flat roads, climb hills, sprint, and race! A great cardio workout for all levels.

**Cycle 101:** Cycle 101 is designed as an introductory informational session for anyone looking to take a cycling class. You will learn the fundamentals of cycling including: bike set-up, basic information, and tips for success. You will even enjoy a couple of songs showcasing our unique formats with one of our Cycle Certified Coaches. Please wear fitness attire and not loose fitting clothes, bring water. Cycling shoes are not required. Youth ages 12-15 must complete this prior to attending a Cycle class.

**Cycle Express:** This incredible, fast-paced, quick 30-minute class is designed to fit your schedule and push your limits. All levels welcome as you control your own intensity during the class.

**Free Ride:** Use this open studio time to prep for an upcoming race or take things at your own pace. No instructor is present; please see the front desk if studio is not open.

**Pedaling for Parkinson's:** Join this fun, research-based class designed specifically for individuals with Parkinson's. You will learn the basics of cycling while working to get your heart rate up and reduce symptoms of PD! This class is led by instructors who have special training to work with individuals with Parkinson's. Participants must get medical clearance and meet with Jennifer White ([jwhite@ymcatulsa.org](mailto:jwhite@ymcatulsa.org)) before joining.

**Spinema:** Join us for a Friday night movie on the big screen while you spin!



# CLASS DESCRIPTIONS

## Dance

**Cardio Dance:** Get fit with the latest dance moves. This class offers great music and moves that will challenge you. Get ready to sweat, dance, and have a great time.

**Hip Hop:** Get fit with the latest dance moves. This class offers great music and choreography. Get ready to sweat, dance, and have a great time.

**Solo Latin X:** Experience all the Latin rhythms while burning calories. A fun, hot workout!

**Y-Ballet:** An exceptional experience of traditional ballet geared to the adult body used to strengthen and stretch. This class is progressive in nature, but all fitness levels are welcome at any time. Embrace a new kind of workout that will help you reach your wellness goals.



# CLASS DESCRIPTIONS

## Pilates

**Confusion:** A mixture of core, energizing exercises that will shock your system and get you past that plateau!

**MS Pilates Reformer:** Ease the physical symptoms of multiple sclerosis and improve your emotional outlook through breathing and flexibility exercises. Registration Required-contact Jennifer White, [jwhite@ymcatulsa.org](mailto:jwhite@ymcatulsa.org) for more info.

**Pilates:** Come gain muscle strength, endurance, flexibility, coordination, and balance through a series of exercises focused on the core. Correct form is emphasized as variations and progressions are introduced.

**Pilates Reformer \$:** Come gain muscle strength and endurance, flexibility, coordination, and balance through a series of exercises focused on the core using our Pilates reformer machines. This small group training has a \$17 fee associated with the class (classes are also sold in packages).



# CLASS DESCRIPTIONS

## Recovery

**Core & Stretch:** There is more than just crunches to be had in this class that focuses on the stability zone of the body. Includes active, full body stretching.

**Foam Rolling:** Prep your muscles for a workout, treat day-to-day stiffness, and loosen up in this class led by a certified Foam Rolling instructor.

**Gentle Stretch:** An opportunity to improve flexibility, balance, coordination, and strength by incorporating stretching and breathing experiences.



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## Step

**Hip Hop Step:** Getting fit with the latest dance moves while using the step. This class offers great music and choreography. Get ready to sweat and dance with a flare of hip hop and have a great time!

**Step & Sculpt:** You'll burn calories and shape your body with lots of varied choreography. Straddles and repeaters, V-steps and marches, step touches and knee lifts - this class features all your step favorites, making it fun with tempo variations and directional changes. Muscle strengthening exercises and resistance training are also incorporated.



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## Strength & Toning

**-45:** This fast and fun class targets 9 integral areas for a total-body workout. This class will help you burn fat and gain strength by targeting your glutes, quads, hamstrings, chest, back, shoulders, biceps, triceps, and core. This class also includes shorts bursts of cardio to help strengthen the heart and lungs as well.

**Body Sculpt:** This class uses a variety of equipment to build stamina, muscle endurance, and strength. Great for all levels.

**Boxing Circuit:** This high energy, high intensity workout is all about the sport, from cardio endurance to punching your way through a hard day. This class drives home an intensive full-body workout. GLOVES AND WRAPS ARE REQUIRED.

**Cardio & Toning:** Cardio and body sculpting with a fun and exciting format.

**Core & More:** There is more than just crunches to be had in this 30-min class, focusing on the stability zone of the body.

**Sets & Reps:** A total body and strength-conditioning class that uses variable weight exercises and some light cardio. If you want to get stronger and feel better, this is a great class for you.

**TNT:** Explosive interval training targeting all muscle groups progressing into areas of HIIT and plyometric exercises. Modifications for all fitness levels!

**Y-Barre:** An infused class of ballet, Pilates, strength, and flexibility training using a ballet barre.



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## Yoga

**Core Yoga:** Power yoga with a core strength focus using both yoga and Pilates style moves. This class will have both body and mind refreshed and ready for the day.

**Deep Stretch Yoga:** This slower moving yoga along with deep dynamic stretching will improve flexibility and increase blood circulation, helping to reduce pain and tightness in the joints and muscles.

**Flow Yoga:** Flow Yoga uses smoothly connected postures matched with breaths creating a continuous flow-style.

**Gentle Yoga:** Yoga with a softer, slow-paced, well-supported, relaxing series of poses; can include a variety of styles.

**HIIT Yoga:** A HIIT routine using yoga poses to strengthen your whole body. Warm up with sun salutations, then dive into groups of poses in four rounds of 45 seconds each.

**Power Yoga:** Power yoga is a vinyasa-style, flow yoga that moves quickly between poses. Poses often place more emphasis on strength-building, yet also include flexibility practice.

**Stretch & Flow Yoga:** Increase strength and burn calories as you slowly flow from pose to pose to prepare for deep resistance stretches designed to greatly improve flexibility. A great class to follow cardio or strength training.

**Stretch/Destress Yoga:** Designed to remove physical and mental tension using slow gentle yoga to increase circulation then follow with dynamic, resistant and static stretching along with deep focused breathing. The last 10 minutes is saved for destressing with a relaxing meditation time.

**Vinyasa Yoga:** This continuously flowing yoga consists of poses matched with breath & usually includes sun salutations. Often push-ups between poses that are smoothly integrated into the flowing sequences are done.

**Yin & Vinyasa Flow:** This combo yoga class targets connective tissue and joints paired with movements for strength.

**Yin Yoga:** Focused on the connective tissue and the joints, this class goes through only a few poses per class allowing gravity to help one hold the poses for 2 - 5 minutes.

**Yoga:** During this class you can expect to sweat and stretch as we flow through a sequence of seated and standing poses. This continuously flowing class links your breath to your body and typically includes sun salutations. You will leave feeling grounded and renewed.

**Yoga for Functional Movement:** Learn how to align the body and improve functional movement while practicing awareness in action. This slower-paced class includes asanas, restorative postures, and seasonal sequences for optimal health. Please contact Jennifer White: [jwhite@ymcatulsa.org](mailto:jwhite@ymcatulsa.org) for more details.

**Youth Yoga:** Yoga class designed for children to develop important skills in a fun and non-competitive environment. Through songs, storytelling breathing techniques, and yoga poses, children will gain strength, coordination, flexibility, balance, better focus and self-confidence. Parents are welcome to stay and participate with their child or, if they are 8 years and older and can concentrate without supervision, parents can workout on the fitness floor.



# CLASS DESCRIPTIONS

## Youth

**Defend Jr.:** This class is a junior version of our popular DEFEND TOGETHER class. Kids will punch, kick, and jump their way to 45 minutes of active fun! Children 5 and older may be checked into Play & Learn before class and taken to class by staff members upon request. Parents are welcome to participate. Four year olds must have an adult caregiver present in the room during class.

**Family Yoga:** Family Yoga is designed for children and their caregivers to develop important skills in a fun and non-competitive environment. Through songs, storytelling breathing techniques, and yoga poses, children will gain strength, coordination, flexibility, balance, better focus and self-confidence.

**Kids' Boot Camp:** The class is designed for kids 4-12 and will include fun games, body weight exercises, and more! Children 5 and older may be checked into Play & Learn before class and taken to class by staff members upon request. Parents are welcome to participate. Four year olds must have an adult caregiver present in the room during class

**Kids' Hip Hop:** Exercise meets dance in this fast and fun workout that is geared to children 6 and older with parent supervision and participation. Exciting, clean music and choreography and more fun than you can fit into a half hour.

**Youth Yoga 101:** Yoga class designed for children to develop important skills in a fun and non-competitive environment. Through songs, storytelling breathing techniques, and yoga poses, children will gain strength, coordination, flexibility, balance, better focus and self-confidence. Children 5 and older may be checked into Play & Learn before class and taken to class by staff members upon request. Parents are welcome to participate. Four year olds must have an adult caregiver present in the room during class. Ages 4-6.

**Youth Yoga 2.0:** Yoga class designed for children to develop important skills in a fun and non-competitive environment. Through songs, storytelling breathing techniques, and yoga poses, children will gain strength, coordination, flexibility, balance, better focus and self-confidence. Children 7 and older may be checked into Play & Learn before class and taken to class by staff members upon request. Parents are welcome to participate. Ages 7-12.



# CLASS DESCRIPTIONS

## **Zumba**

**Zumba®:** A fun mix of Latin and international music to create a dynamic, fun, high energy, and effective workout. Designed to utilize an interval training format, combining various rhythms with movements that tone and sculpt the body.

**Zumba® Toning:** Body sculpting taken to the next level with Zumba®. Have no fear, this is the same fun and exciting format you experience with Zumba®, with the addition of strength training spliced in for even more fun.



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**Boot Camp:** Back to basics! This high energy class may include a full-body workout through a variety of styles including core training, plyometrics, toning, and strength exercises. Expect creative and intense exercises to thoroughly work your body in a simple to follow format.

**Cardio Step Together:** CARDIO STEP TOGETHER is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination and strength with exciting music and group energy.

**Conditioning Together:** CONDITIONING TOGETHER integrates strength and cardio training to build muscle, burn calories and improve agility. Revolutionize your whole body using Loaded Movement Training with the ViPR® in this three-dimensional experience. Dynamic music drives the energetic 30-minute workout with athletic movements and phases or high-intensity intervals.

**Defend Together:** DEFEND TOGETHER is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

**Move Together:** MOVE TOGETHER will have you feeling and moving better in only 30 minutes. Build movement health by mastering the fundamental patterns that encompass everything you do in life. Grow your movement confidence with expert coaching, motivating music, and a supportive group environment that will help you succeed. Also recommended for prenatal and postnatal exercise.

**MX4 \$:** MX4 is a small group, paid program training that combines best-in-class training tools with exciting workouts in a revolutionary new way to help you improve cardio, power, strength and endurance, no matter what your age or ability level. This game changing program blends Certified Trainer attention, camaraderie and challenging progressive workouts to make it happen. Punch card available: 10 sessions/\$80 for members

**Pickleball:** Come play Pickleball in a fun, community driven atmosphere. Balls and paddles provided. Volunteer led play.

**POUND®:** POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

**Strength Train Together:** Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell and weight plates and body weight, STRENGTH TRAIN TOGETHER combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best. Ages 16 and up.

**Strength Train Together 101:** Designed for those who are new to STRENGTH TRAIN TOGETHER - one of our most popular classes! Experience a shorter version with more time for questions and explanations. In the full length class, you will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell and weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best. Ages 16 and up.

**Tai Chi:** Tai Chi is considered meditation in motion. It promotes serenity through gentle, flowing movements. It is low-impact and puts minimal stress on muscles and joints. An exercise system that exerts no strenuous action.