



Tri-County YMCA Group Exercise Class Descriptions:

***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.

BodyATTACK: A sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BodyPUMP™: A class centered around the barbell. The class will strengthen the entire body, challenging major muscle groups by using the best weight-room exercise such as squats, presses, lifts and curls. The routine is choreographed to an awesome music playlist that makes the workout fly by.

CX Worx™: This 30 minute core class is dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper & lower body. This workout is fun, quick, and will have you seeing results in no time—we recommend you take this class 2 or 3 times per week for best results.

Tabata: Short bursts of high intensity exercise followed by even shorter spurts of rest between. Normally 20 seconds of high intensity work followed by 10 seconds of rest. The whole workout will be complete in a half-hour, but don't let the duration fool you...it will be an intense 30 minutes of moving!

Kickboxing: Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike.

RPM: RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training.

BodyFLOW: Improve your flexibility and increase core strength while you reduce stress levels. You'll focus your mind and create a lasting sense of wellbeing and calm. BodyFLOW™ uses a combination of Tai-Chi, balance work, Pilates, stretching, and core work and ends with a short meditation.

Yin Yoga: A slower, more meditative practice, Yin Yoga involves variations of seating and supine (lying) poses that are held for 3 to 5 minutes. During a Yin practice, deeper layers of fascia that surround our muscles and organs are accessed and the connective tissues around our joints are stretched (especially the knees, pelvis, sacrum, and spine).

Enhanced Fitness (Free for Members/ \$3 for Non-members): A class designed for individuals age 55 and older. It focuses on strength training, cardiovascular endurance, flexibility and balance. If you are ready to start your Monday, Wednesday, and Friday mornings off right, then head to the Huntingburg Event Center and join in on this GREAT senior-focused class.

Morning Energizers (Free for Members/ \$3 for Non-members): A class designed for individuals age 55 and older. This class combines a combination of cardio exercises, strength training with light weights, in addition to balance & flexibility exercises that leaves you feeling refreshed and energized at the end of each session. Come ready to have FUN & move to the beat of some great 'oldies' tunes!

Water Aerobics: this low-impact water workout is great for all ability levels. This class has you moving in the shallow water for a solid 60 minutes. Cardio and toning exercises are both included in the workout. Swimsuit is required (shorts and/or tee shirt may be worn over the top). Low Impact.