



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.

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

Kickboxing: Get ready to punch and jab your way through this class. This class combines elements of strength and cardio. Boxing gloves are recommended.

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.

Tabata: A high-intensity interval training (HIIT) workout that involves alternating 20 seconds of intense exercise with 10 seconds of rest.

HIGH FITNESS: HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout.

UPBEAT BARRE: UpBeat Barre combines strength training, Pilates, cardio, and yoga into a high-energy fusion of fun. UPB rocks popular tunes for an intense and accessible muscular-endurance workout.

LES MILLS CORE™: This class hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. Improves balance and posture with the quick class!

Total Body Stretch: Improve your flexibility and increase core strength while you reduce stress levels. Lengthen tight muscles and improve balance. Meditation provided at end of class.

BODYBALANCE™: Improve your flexibility and increase core strength while you reduce stress levels. This class uses a combo of Tai-Chi, balance work, Pilates, stretching, and core work and ends with a short meditation.

HIGH LOW/UPBEAT BARRE: A mix of two formats – HIGH LOW which is the low impact version of its sister format HIGH FITNESS and UPBEAT BARRE which combines strength training, Pilates, cardio and yoga into a high-energy fusion of fun.

Functional Bootcamp: This short, fast-paced class focuses on mimicking movements performed in our daily life. The goal of this class is to improve strength, mobility, and coordination with a strong focus on pelvic floor and deep core work.

Morning Energizers: A class designed for individuals age 55 and older. It focuses on strength training, cardiovascular endurance, flexibility and balance. This class is held at the Clem and Mary Lange YMCA in Ferdinand, Historic Santa Claus Campground in Santa Claus, and Huntingburg Event Center.