

Group Exercise Classes

(cont'd)

AEROBIC (CARDIOVASCULAR) CLASSES

Boot Camp

A military style workout with obstacle courses, running drills, calisthenics, strength training and core strengthening exercises. Weather permitting, activities may be held outside.

Available at: ALEX, ARL, BCC, NC, PO, REST, SS

Boxing/Powerbox

This exciting and challenging class uses professional boxing techniques to provide a great cardio workout that includes jump rope work. Please note that this is NOT a self-defense course.

Available at: ALEX, BCC, NC, PO

Cardio Kickboxing

A complete upper and lower body workout incorporating boxing, kicking and athletic moves.

Available at: BCC, NC, PO, REST, SS

Cardio Pump/Cardio Mix

Get a total body workout all in one class. Cardio training and muscle-conditioning are combined using steps, exercise balls and weights.

Available at: ALEX, BCC, NC, PO, REST, SS

Cardiolite

A low impact class with an emphasis on improving posture, balance, range of motion, flexibility and muscle strength.

Available at: SS

Cycling

Enjoy a great cardiovascular workout on a stationary bike. This indoor cycling class is designed for any fitness level.

At the beginning of class, time is allotted for proper bike adjustments.

Available at: ALEX, ARL, BCC, NC, PO, REST, SS

Dance Fusion/Challenge

Easy-to-follow choreographed dance aerobics, plus a complete muscle toning segment.

Available at: BCC, SS

Fiesta Hip Hop

A loosely structured, high-spirited, heart-pumping workout. Come dance like you're at a Fiesta! Incorporates contemporary Latin moves and music with some Hip-Hop. Good for all levels.

Available at: BCC



Funk Dance Fusion

A fun workout combining 30 minutes of simple, modern dance moves and 30 minutes of serious muscle conditioning.

Available at: *BCC*

Gliding

Using a simple sliding motion, Gliding is an exercise class that manages to engage, strengthen and lengthen all of the major muscle groups. Gliding allows active stretching of key muscle groups while passively activating others at the same time.

Available at: *NC*

Hi/Lo Aerobics

Hi/Lo combines the best of both high and low impact aerobics to reduce the constant stress on joints. A great way to burn fat and de-stress. At some branches this class also incorporates intervals of strength training and standing abdominal work.

Available at: *ALEX, ARL, BCC, NC, PO, REST, SS*

Intro to Belly Dance

Learn the basics to great hip movements, shoulder shakes and shimmies in this traditional Middle Eastern dance class. Great for all levels.

Available at: *BCC, NC*

Low Impact Aerobics

A strong, cardiovascular workout minimizing lower body impact followed by a short muscle toning segment.

Available at: *ARL, BCC, PO, REST, SS*

Mind/Body Stretch

Flexibility is often the most neglected part of a workout program, but not here! Complete a flexibility/stretching workout that will challenge your body and refresh your mind. Leave feeling relaxed and invigorated.

Available at: *BCC, NC*

Moms n' Motion

A fun way to exercise with your baby or toddler — and a great way to bond with other moms needing that “time out.”

Available at: *REST*

(continued)

BRANCH AND PROGRAM CENTER ABBREVIATIONS

- ALEX* –
YMCA Alexandria
703-838-8085
 - AB* –
YMCA Anthony Bowen
202-462-1054
 - ARL* –
YMCA Arlington
703-525-5420
 - TEN* –
YMCA Arlington Tennis
and Squash Center
703-522-1700
 - AYR* –
YMCA Ayr lawn Program Center
301-530-8500
 - BCC* –
YMCA Bethesda-Chevy Chase
301-530-3725
 - CAL* –
YMCA Calomiris Program Center
202-526-4233
 - LETTS* –
YMCA Camp Letts
410-919-1410
 - CAP* –
YMCA Capital View
202-889-0643
 - REST* –
YMCA Fairfax County Reston
703-742-8800
 - LOU* –
YMCA Loudoun County
703-777-9622
 - NC* –
YMCA National Capital
202-862-9622
 - PO* –
YMCA Potomac Overlook
301-203-2302
 - PG* –
YMCA Prince George's County
301-262-4342
 - SS* –
YMCA Silver Spring
301-585-2120
 - WOOD* –
YMCA Woodmont Program Center
703-527-4966
 - YFS* –
YMCA Youth & Family Services
301-587-5700
- See page 12 for locations.

Group Exercise Classes

(cont'd)



Nordic Walking

A low impact, easy-to-learn, easy-to-start sport. Nordic walking offers a full body workout, and unlike gym equipment, it forces you outside. Ideal for athletes getting over injuries, for fit hikers looking for a change, or for those who want to begin to get fit or return to wellness.

Available at: BCC

Shuffle and Tone

Pump up the music and get moving. This low impact aerobics class incorporates challenging choreography for a high-energy, cardio workout.

Available at: ALEX

Sports Conditioning

This intense class offers hard-core, cardio conditioning using various equipment. Focus is on functional exercise using speed and agility drills relating to everyday sports and active lifestyles.

Available at: ARL, REST, SS

Strong Moms

A six-week session that meets twice a week. Participants will have a different class every week. Classes include yoga, cycling, Pilates, kickboxing, butts n' guts and WOW (Women on Weights).

Available at: ALEX

Youth General Conditioning

A fun, but challenging class geared toward kids ages 9-17 involving cardio, games and light strength training.

Available at: REST

Zumba

This Latin/African influenced dance aerobic class consists of high-energy, fun dance moves. Zumba features a combination of fast and slow rhythms that tone and sculpt the body. Appropriate for all levels.

Available at: ALEX, ARL, NC, PO, REST

STEP AEROBICS

A cardiovascular workout stepping on and off a height adjustable platform, sometimes followed by a short muscle toning segment and/or cool down.

Step (Intro/Beginner class)

Learn basic step skills with an emphasis on simplicity and repetition. Focus is on proper form and stepping technique. Abdominal, lower back and flexibility training included in some classes. Suitable for novice and experienced steppers.

Available at: ALEX, ARL, BCC, PO, REST, SS

GROUP

EXERCISE

Step I

Designed for the beginner. Basic moves are taught and incorporated into simple step combinations. Beginners should start here, but all fitness levels can get a good workout.

Available at: ALEX, BCC, PO, SS

Intermediate Step/Step II

This intermediate step class is for those with previous stepping experience; more challenging patterns and combinations are introduced for increased intensity.

Available at: ALEX, BCC, REST, SS

Step II/III

Step it up a notch and challenge yourself to more advanced choreography at an intermediate to advanced pace with high intensity moves.

Available at: ALEX, BCC, NC, PO, SS

Step Challenge

This exciting, choreographed step class will challenge your mind and body while burning calories.

Available at: BCC

Step Circuit

This cross-training class involves intervals of step aerobics and resistance training in a 3:2 ratio for a perfect combination of cardiovascular conditioning and muscle toning. Weights, tubes and bands are used during the resistance segments. Step segments of the class are taught at a high intensity, intermediate level.

Available at: ALEX

Step Mania

For the advanced stepper. Moves are linked together to form complex combinations, and power moves are integrated into the combinations for a high intensity workout.

Available at: ALEX

Step Plus

Half the class is Step and half the class is muscle conditioning.

Available at: BCC

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For specific
class dates, times,
prices and registration
information, please visit
www.ymcadc.org
or contact your
branch.

YMCA of Metropolitan Washington

Group Exercise Classes

(cont'd)

NON-AEROBIC/STRENGTHENING, FLEXIBILITY AND CORE CLASSES

Absolute Abs/Core Conditioning

Focuses on core/abdominal training, including a variety of both abdominal and lower back exercises.
Available at: ALEX, ARL, BCC, NC, PO, REST, SS

Active Older Adults

This low-impact workout for participants 55 years and older promotes flexibility, cardiovascular health and strength conditioning.
Available at: REST

Adult Barre and Stretch

Use the art of ballet to get your heart rate up and increase your flexibility. This class is offered for adults and active older adults/seniors.
Available at: ALEX

Ballet-n-Tone

Based on ballet moves, this class combines a little dance with strength, balance and toning exercises.
Available at: ALEX

Bars, Bells and Benches

This non-aerobic class focuses on strengthening upper and lower body muscles through resistance training using weights, tubes and bands.
Available at: ALEX



PERSONAL TRAINING

Individual

Our nationally certified trainers provide personal attention and individualized programs specific to your needs. Personal training maximizes your results and provides one-on-one motivation every step of the way.

Partners and Families

Bring a friend along to help you reach your wellness goals, or make your personal training session a family affair. The YMCA of Metropolitan Washington offers economical packages for people who want to share the benefits of personal training with a small group of friends or family members.

CALL YOUR YMCA TO GET STARTED TODAY!

Body Sculpt

A muscular strength and endurance workout using free weights, elastic tubes, body bars, stability balls and/or your own body weight for resistance.

Available at: ALEX, BCC*, NC, PO, REST*, SS

*BCC and REST also offer sculpting classes that include cardiovascular workouts.

Boot Camp/Basic Training

Come join a program that is motivating and fun! This boot camp class will help you reduce body fat and increase your overall strength and stamina, while encouraging healthier eating habits.

Available at: ARL, BCC, REST, SS

Butts, Guts & Guns

A strength training class concentrating on the glutes, abs and arms.

Available at: NC

Iron Maiden Lifting Club

This ladies only group does a supervised total body weight training workout in a supportive, safety conscious environment.

Available at: SS

Karate

Participants will improve strength, balance, coordination, control and discipline in this classic self-defense course. Elements of Karate and Ju-Jitsu are combined to provide a comprehensive course.

Available at: SS

Ju-Jitsu

This class is designed to provide training in practical self defense.

Ju-Jitsu, "the gentle art," is the parent of Aikido, Judo, and some other forms of Karate.

Available at: ALEX, ARL, REST, SS

Ju-Jitsu Family and Kids

This class includes conditioning and stretching, forms practice, drills, technical instruction, and self defense training.

Available at: ARL

Muscle Fitness

A gentle stretching and core strengthening program that will help you reduce stress and increase your overall flexibility with a mixture of total body conditioning exercises. Great for all fitness levels.

Available at: ALEX, ARL

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AYR –

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CAL –

YMCA Calomiris Program Center
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LETTS –

YMCA Camp Letts
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CAP –

YMCA Capital View
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REST –

YMCA Fairfax County Reston
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LOU –

YMCA Loudoun County
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NC –

YMCA National Capital
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PO –

YMCA Potomac Overlook
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PG –

YMCA Prince George's County
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SS –

YMCA Silver Spring
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WOOD –

YMCA Woodmont Program Center
703-527-4966

YFS –

YMCA Youth & Family Services
301-587-5700

See page 12 for locations.

(continued)

Group Exercise Classes

(cont'd)

Muscle Up!

A group strength training class using weight training principles designed to improve muscular strength and increase lean mass.

Available at: *SS*

Personal Training — Individual

Our nationally certified trainers provide personal attention and individualized programs specific to your needs. Personal training maximizes your results and provides one-on-one motivation every step of the way.

Available at: *ALEX, ARL, BCC, NC, PO, REST, SS*

Personal Training — Partners and Families

Bring a friend along to help you reach your wellness goals, or make your personal training session a family affair. The YMCA of Metropolitan Washington offers economical packages for people who want to share the benefits of personal training with a small group of friends or family members.

Available at: *ALEX, ARL, BCC, NC, PO, REST, SS*

Rock Bottom

A complete lower body workout. Consists of weight training, cardiovascular techniques and plyometrics—all to target that hard-to-shape area.

Available at: *BCC*

SilverSneakers

SilverSneakers classes are designed exclusively for active older adults who want to improve their strength, flexibility, balance and endurance. They are easy on the joints and appropriate for individuals who regularly exercise, as well as those who may not have exercised in years.

Available at: *ALEX, ARL, REST, NC*

Stability Ball

A full body workout on a stability ball. This class focuses on core strength, stamina, stability and coordination.

Available at: *ALEX, BCC, REST, SS*

Super Sets

A challenging upper and lower body workout designed to improve muscular strength and endurance using resistance. Equipment may include weights, elastic tubing, body bars, stability balls and more.

Available at: *BCC*



Total Fitness/Total Body Conditioning

This total body conditioning class uses weights, bands, jump ropes, and exercise balls to improve your flexibility, balance and cardiovascular health.

Available at: ALEX, SS

Tone & Stretch

This class includes a variety of gentle muscle strengthening and stretching exercises to both tone and relax.

Available at: ARL

Yo-Ki

A class providing kickboxing and muscular conditioning fused with yoga.

Available at: ARL

MIND/BODY WELLNESS CLASSES

Pilates Mat

Coordination, balance, flexibility, joint stability, agility and improved posture are achieved and maintained through a series of exercises developed by Joseph H. Pilates. Participants will strengthen their cores and improve overall health. Appropriate for all fitness levels.

Available at: ALEX, ARL, BCC, REST, NC, PO, SS

Pilates Reformer

Use a Reformer machine, which consists of springs, straps and a moving carriage, to complete a variety of exercises that improve core strength and overall health.

Available at: ALEX, BCC, REST, PO

Tai Chi

A form of traditional Chinese mind/body exercise and meditation that uses slow sets of body movements and controlled breathing. Tai Chi improves balance, flexibility, muscle strength and overall health.

Available at: ALEX, BCC, REST, NC, SS

Yoga — Adaptive Yoga for the Nervous System

A class designed for those with Multiple Sclerosis or any other neurological disease. Gentle, low-impact yoga poses work against the degenerative effects of MS and other neurological disorders by improving strength, coordination and balance; increasing range of motion; relieving spasticity; calming the mind; and bringing a sense of focus and renewed energy to the body.

Available at: ARL

Yoga

Increase energy, stamina, muscle strength and flexibility. Learn a complementary series of physical postures, breathing, deep relaxation and meditation techniques derived from an ancient system of holistic health and self-actualization. Please do not eat two hours before class. Loose, comfortable clothing is recommended. All levels are welcome.

Available at: ALEX, ARL, BCC, NC, PO, REST, SS