



# YMCA ARLINGTON

## Group Fitness Schedule: Fall 1 2019

**Dates Effective:**  
Sep 3rd- Oct 27th

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Offerings are modified periodically to address member feedback and participation levels and may change without notice or be modified during holidays.

CLASS DESCRIPTIONS		
<b>Aqua Zumba®:</b>		Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
<b>BODYPUMP®:</b>		A challenging original barbell class that strengthens and tones your entire body using a barbell, weights, a step, and a mat.
<b>C<sup>3</sup>:</b>		Cardio, Core and Calm! This free-style class is the ultimate in fitness fusion. Maximize your time by having three 20 minute segments split up to consist of high/low-impact cardiovascular exercise followed by a core conditioning component and finished off with calming relaxation to provide a truly complete workout. No more spending hours in the gym!
<b>Circuit:</b>		Circuit's will torch calories while building muscle. This free-style class gives the best of both worlds by using cardiovascular endurance and resistance training. The variation of each workout is only limited by instructor imagination! All levels welcome, as this style class lends itself to modification and progressions of all kinds.
<b>Controlled Impact:</b>		Combine the best of high and low impact cardiovascular training to reduce stress on joints with simple, yet, challenging choreography. All levels are welcome as impact and intensity variations are provided for all fitness levels.
<b>Cycle:</b>		You control the intensity in this instructor led indoor cycling class that includes various drills and cardio challenges for all participant levels.
<b>Core Fitness Training:</b>		Class works on establishing and strengthening one's core body strength through body movements which mirror our daily routines such as lifting groceries, bending, climbing stairs, and placing items on shelves. The instructor provides a unique class work out which includes: body mass movements, weight appropriate lifting, and cardiovascular exercises. All exercises are performed at varying intervals.
<b>C.S.I</b>		The best of both worlds! Strength exercises using bodyweight and equipment alternate with easy-to-follow cardio routines. Core and flexibility work round out this challenging, music-driven, total-body workout adaptable to all levels.
<b>Family Zumba:</b>		Enjoy all the fun of Zumba with your family! This class is perfect for the family that is working towards overall wellness. Come shake, shimmy and burn some calories all while strengthening that family bond. We do ask that children be at least the age of 8 to attend.
<b>Gentle Yoga:</b>		This class is an invitation to relax, unwind, and de-stress while learning and refining the fundamentals of a yoga practice. Beginning with breath-work and moving to strengthening and stretching the entire body through gently paced sequences and held postures. Ideal for all experience levels.
<b>Hatha Yoga:</b>		Hatha yoga breathing and postures with beginner's options. Citta yoga (deep relaxation) concludes the class.
<b>INSANITY:</b>		This high intensity interval class is sure to get your blood moving and sweat pouring. This is a time based interval class where participants are asked to work at an intense level followed by period of rest and then repeat! There are options for low impact, so give it a try!
<b>Muscle Fitness:</b>		This class offers everything you're looking for to build muscular strength, endurance and promote bone health. This non-aerobics class is great for all fitness levels!. The primary focus is on safe and effective lifting techniques to maximize results and prevent injury. You will get a total-body workout and increased confidence to keep your workouts going on your own. All levels are encouraged!
<b>Pilates:</b>		Pilates is a system of strengthening and stretching exercises designed to increase body awareness as well as develop muscular strength, muscular endurance, and flexibility. This non-impact total-body practice also promotes muscular balance, improved posture and graceful movement in a non-competitive environment. All levels are encouraged.
<b>Senior Fun &amp; Fitness:</b>		This free-style class is designed for older adults who want to increase strength, flexibility, balance, and endurance using light weights, resistance bands, balls, and chairs. All levels and Silver Sneakers participants are encouraged to attend!
<b>Senior Yoga</b>		Come enjoy the benefits of yoga in building strength, flexibility, and mindfulness. This gentle class will combine seated on chair and standing postures to do versions of twists, hip openers, forward bends, and mini backbends to help prevent muscle loss and stiffness, while improving joint mobility and stability. No previous yoga experience required; all levels welcome.
<b>Step:</b>		This class will give your heart, body, and mind a workout with easy-to-follow low or high impact choreography that keeps you interested and challenged. Both novice and experienced steppers are encouraged to attend. Proper form and stepping technique is a priority for safe and effective practice in this class. For an added bonus, abdominal, low back, and flexibility training is also incorporated.
<b>Strength &amp; Stretch:</b>		This class is perfect for a truly balanced training. Emphasis is placed on safe and effective strength training techniques and exercises that improve day-to-day function are incorporated. Stability, balance and stretching follow to ensure a completely well-rounded workout. All levels are welcome!
<b>Stretch:</b>		The perfect way to end the week! This class will take you from gentle warm up, through various stretches held for extended periods and a cool down to end. You'll leave this class feeling relaxed and ready for the weekend.
<b>Tai Chi Chuan &amp; Qi Gong:</b>		Join in on the moving meditation! This practice, over time, leads to better balance, posture as well as better mental focus by creating a calm and clear mind. Additional benefits include an increase in muscle tone, strength, and flexibility which can make functional day-to-day activities easier and more enjoyable.
<b>Yoga</b>		This class welcomes both beginners and those with an ongoing practice. The class emphasizes breath work and proper alignment according to YogaFit principles: Yoga for Every Body. Poses are adapted to fit each participants' needs and specific physical issues. Come, laugh, relax and breathe!
<b>Yoga Level 2:</b>		This class is designed for individuals with some yoga experience. Inspired by the Ashtanga and Iyengar yoga traditions, vinyasa sequences are combined with asanas that are typically held longer as more variations are introduced to provide a mental and physical challenge.
<b>Zumba®:</b>		It's an exhilarating, effective, easy-to-follow, Latin-international inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

**\$ Denotes an additional fee, please inquire at the front desk for more information.**

<b>JuJitsu (\$):</b>	This class is designed to provide training in practical self-defense. JuJitsu, "the gentle art," is the parent of Aikido, Judo, and some other forms of Karate. First trial class free, special fees apply.
<b>Shotokan Karate (\$):</b>	Learn kickboxing techniques, self-defense and self-discipline, while gaining cardiovascular capacity. First trial class free, special fees apply.
<b>Stroke Survivor Fitness (\$):</b>	Classes that will give you a good workout, enjoyable social interaction and lots of peer support. For more information call Nancy Selden at 703-593-0063 or email nancy@nancyselden
<b>Rhythmic Gymnastics (\$):</b>	See schedule for detail.