

# YMCA Bethesda-Chevy Chase Class Descriptions

## Cardio Classes

**BodyJam®** – House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music are the soul of this energizing dance class. *"Express" class denotes a 45-min format.*

**BodyStep®** – Cardio movements, over, and around the step push fat burning systems into high gear followed by muscle conditioning tracks that will shape and tone.

**Belly Dance Workout** – Spice up your exercise routine! With easy to follow routines, this class incorporates posture, muscle isolation, and flexibility.

**H.E.A.T.** – High Energy Aerobic Training – Cardio and strength training in a fast paced atmosphere. Using body weight, bands and balls to rock your body!

**Indoor Group Cycle** – The following formats are taught at the Bethesda-Chevy Chase YMCA

*\*CBC Cycle - The Coach By Color® method provides zonal training stimulated by color! The method incorporated FTP (Functional Threshold of Power) to achieve results!*

*\*Cycle&Sculpt: spend a portion the class focusing on cardio on the bike, then hit the mat for total body strengthening, and end with deep stretching.*

*"Express" class denotes a 45 minute format. New Participants must arrive 10-minutes prior to class start time.*

**Interval Cross Training** – This class includes intervals of cardio and strength exercises utilizing equipment such as weights, tubing and the stability ball.

**Cardio Kickboxing**– This class emphasizes cardio and strength conditioning through traditional and cardio kickboxing moves. Specific drills are included to improve hand-eye coordination and overall performance. *\*Cardio Kickboxing 45 denotes a 45-minute format.*

**Y Fusion** – Drawing from a wide variety of music genres, this class includes an energetic dance workout, strength training, and stretching.

**Zumba®** – A fun way to get a sizzling cardio workout using Latin inspired moves with motivating music!

**Zumba Toning®** – Dance into fitness with the added challenge of resistance using light weights to help focus on specific muscle groups. *"45" denotes a 45-minute format.*

## Strength, Yoga, Stability, Core and More:

**BodyFlow®** – A Yoga, Tai Chi, Pilates combination workout that builds flexibility and strength, leaving you feeling centered and calm. Flow with music!

**BodyPump®** – Get lean, toned and fit! Scientifically proven techniques using moderate weight and high repetition, combined with great tunes for a total body workout! *"Express" class denotes a 45 minute format.*

**Barre Fitness**– This workout combines the best elements of ballet barre with pilates, sports conditioning and flexibility training.

**CardioLite** – This senior-friendly, low-impact class will improve cardio, balance, and range of motion with 30-min of cardio and 30-min of strength-flexibility training.

**CXWORX®** – A 30-minute core-training workout that uses your body weight, resistance tubing and weights to tighten and tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention. *\*CXWORX+BodyFlow denotes a 1-hour combination format.*

**Freedom Barre®**– a ballet inspired strength, flexibility and balance workout that is choreographed to music and will tone the entire body! *\*45 denotes 45-minute format.*

**Integrated Strength** – Using resistance to strengthen every muscle group, this class will help you work toward maintaining muscle mass and bone density.

**Mat Pilates** – Tone and condition your body using the principles of Pilates. This class will take you through strength, conditioning, stretching, and posture alignment. *"Express" class denotes a 45 minute format.*

**Strength&Stability**– Designed to help improve and maintain strength, flexibility and balance – this class will also emphasizes good postural alignment & relaxation.

**Tai Chi Quan**– Move through self-defense inspired techniques to increase balance and spinal stability. *\*Tai Chi 30 denotes a 30-min outdoor (weather permitting) format.*

**Yoga** – The following Yoga formats are taught at Bethesda-Chevy Chase YMCA:

*\*Hatha Yoga incorporates postures, regulated breathing, and meditation into a complete system that can be used to achieve enlightenment or self-realization.*

*\*Vinyasa Yoga offers a wide variety of poses, sequences, and challenging progressions synced with the breath. "Express" denotes 45-minute format.*

*\*Yoga Strength is a combination of isolated Yoga poses that transition to improved flexibility and core strength.*

*\*Gentle Yoga- Refresh your mind and muscles with gentle stretches and meditation. Perfect for all fitness levels. Sweatshirt or warm sweater is recommended*

*\*Iyengar Yoga focus on correct body alignment through a variety of yoga poses to gain strength, flexibility, balance and overall body awareness*

# YMCA Bethesda-Chevy Chase Class Descriptions

## Extension Site Classes

**Strength&Stability-** Designed to help improve and maintain strength, flexibility and balance – this class will also emphasizes good postural alignment & relaxation.

**Y Fusion** – Drawing from a wide variety of music genres, this class includes an energetic dance workout, strength training, and stretching.

## Specialty Classes, Pre-Registration Required

**HIIT BootCamp** – Designed even for the toughest athletes and weekend warriors. High Intensity Interval Training are short bursts of high effort spaced with low intensity state work in between intervals. This class is specifically designed to tax the entire body by building muscular strength and cardio respiratory endurance simultaneously. Class will meet in Wellness Center and move outdoors, weather permitting.

**Intro To Martial Arts** – Open to Kids ages 6 and up, as well as Adults. Get a great workout, learn self defense, focus and discipline. Features techniques from Karate, Kung Fu and Jujitsu in this well rounded intro program.

**Pilates Reformer** – Using the Pilates Reformer, you will lie, kneel, stand, and sit to create a balanced body and strong core. Program provides better back health, flexibility, and body awareness.

**Spinal Core Strength**-Using Martha Graham dance technique, meditation and Pilates, Spinal Core Strength will embody fundamental exercises for the core and spine to build strength, range of motion, centeredness and coordination.

**Teen Weight Training**- For ages 12-17. The first 4-weeks will focus on proper technique and safety, building confidence, and nutrition awareness. The last 4 weeks will dive deep into nutrition, body awarness, and exercise program design.