

Bardmoor Branch YMCA Fitness Class Descriptions

Basic Cycling	Don't be intimidated by indoor cycling! This introduction to indoor cycling teaches bike set-up, safety considerations and proper riding techniques at a slower pace.
Body Blast	Energetic intervals designed to increase cardiovascular fitness, muscle tone, and coordination and core strength. Using a variety of fitness tools, each class will include several fun segments. Challenge yourself, yet work at your own pace.
BodyFlex	A free style strength and endurance class suitable for all levels of fitness. This class uses a variety of tools including weights, rubber tubes and stability balls.
Cardio Kickboxing	A non-contact, energy packed class for all fitness levels. This interval style class includes a cardiovascular workout that focuses on strengthening the upper and lower body using jabs, kicks, and resistance training. Abdominal training and stretching to improve flexibility will close out each class.
Yoga	A class designed for all levels to build strength, balance, flexibility and confidence, while encouraging relaxation. Yoga is non competitive and non judgmental.
Core Fitness	Intensive military-style exercise program. One hour per day Monday through Thursday for four weeks. Graduates receive t-shirt and certificate upon completion. Inquire at membership desk for start date and availability of class space. Cost: \$55 (members) \$85 (program members)
Cycling	Physical and mental journey on a stationary bike led by an instructor. Terrific workout for all fitness levels. Bring water and a towel. Class size is limited and fills on a first come basis. You must call 24 hours in advanced to reserve your bike.
Fit over Forty	Low intensity total body workout for mature adults designed to increase vitality, strength and coordination. Ongoing. Move to the music and have fun.
Healthy Body	Class focus is on overall health. This class includes stretching, upper and lower body conditioning, and floor work. Chair usage is available.
Pilate's	Pilate's focuses on core training. It is done on the floor, standing or using props such as balls and rollers in a group fitness format. Bring a mat or towel.
PowerFlex	A choreographed strength and endurance class for all levels of fitness. This class incorporates free weight techniques for a body-sculpting workout. You will feel firmer, more toned, and energized.
Starting out Strong	Designed for the new exerciser, mature adults and those recovering from an injury and illness. Great for building strength, flexibility, balance and motivation. Exercises are performed seated or standing. Cost: Free to any resident of Pinellas County. Sponsored by Pinellas County Public Health
Step Aerobics	High and low impact moves that offer a complete cardio workout. Low impact alternatives are given for a less intense workout. Easy to follow. Appropriate for all fitness levels. Ongoing.
Tai Chi	System of slow energetic exercises that dynamically enhance and preserve health. Improves mental focus and balance, aids in relaxation, may help lower blood pressure. Ongoing.
SilverSneakers®	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.
Zumba	Zumba is a fusion of Latin and International music and dance themes creating a dynamic, effective and fun fitness system. You don't have to know how to dance to do Zumba. Zumba creates a party like atmosphere that is less intimidating for students where they can just go with the flow and enjoy their activity.