

## Bardmoor Branch YMCA Fitness Class Descriptions

<b>Basic Cardio and Strength Training</b>	Alternating bouts of cardiovascular exercise and strength training. Low to moderate level with modifications available. You get to choose monthly themes for your cardio vascular exercise.
<b>Basic Cycling</b>	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.
<b>Body Blast</b>	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.
<b>BodyFlex</b>	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.
<b>Cardio Kickboxing</b>	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.
<b>Core Fitness</b>	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)
<b>Cycling</b>	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.
<b>Fit over Forty</b>	Low intensity total body workout for mature adults designed to increase vitality, strength and coordination. Ongoing. Move to the music and have fun.
<b>Healthy Body</b>	Class focus is on overall health. This class includes stretching, upper and lower body conditioning, and floor work. Chair usage is available.
<b>Laughter Yoga</b>	Laughter Yoga combines simple laughter exercises (simulated laughter), and gentle yoga breathing, which turns into real laughter when practiced in a group.
<b>Pilate's</b>	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.
<b>PowerFlex</b>	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.
<b>Starting out Strong</b>	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
<b>Step Aerobics</b>	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.
<b>Tai Chi</b>	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.
<b>SilverSneakers®</b>	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.
<b>Water Aerobics</b>	A fun cardiovascular workout for all fitness levels. Bring a towel and sunscreen to enjoy music in the sun.
<b>Yoga</b>	A class designed for all levels to build strength, balance, flexibility and confidence, while encouraging relaxation. Yoga is non competitive and non judgmental.
<b>Zumba</b>	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.