

Group Exercise Class Descriptions

30 Minute Basic Step—a basic cardio step class with easy to follow choreography for beginners. Get a quick yet efficient workout.

30 Minute Sculpting—basic toning exercises using a variety of hand held weights, bands and balls. Increases strength and muscular development.

Cardio Salsa—This class will give you a great workout for your core, heart and mind while having guaranteed fun! For every level of fitness.

Cardio Sculpt— Cardiovascular and basic toning exercises using steps and a variety of equipment. Increases muscular development and concludes with abdominal work and stretching.

BodyFlex —Resistance training for all fitness levels, using barbells, and bands. Increases muscular strength and endurance. Limited to 30 participants.

Cycling — Non-impact, 30 minute cardio ride on stationary bikes, simulating road bike workouts to music. This class is good for those just starting out, no sprints or long standing moves. Limited to 15 participants.

Cycling — Non-impact 45 minute cardio ride on stationary bikes, simulating road bike workouts to music. Limited to 15 participants.

GI Drills —This military style workout involves a variety of muscular and cardiovascular endurance components.

Getting Started I—an introduction to basic cardiovascular exercise. This group offers participants an opportunity to explore a variety of activities that strengthen heart and lungs.

Getting Started II—One step up from the introduction cardiovascular class. This is the next step in your fitness plan. 45 minutes of cardio (hi-lo moves) along with toning. Work out with bands, balls and tubing to increase your muscular strength.

Kickboxing I—Interval cardio training using a variety of jabs and kicks and followed by abdominal work.

Cardio Interval—A combination of plyometrics, sports conditioning drills and sculpting; ending with core work.

Toddler Time—30 minutes of songs, games and group activities for kids 1 - 5 years and their Moms. (Must be able to walk)

Pilates I—Conditioning exercises using stretching, pushing/pulling and rolling movements to develop core strength and improve posture, overall strength and functional flexibility. **Tuesday & Thursday class held in Getting Started Room.*

Pilates II—Pilates based exercises using a weights, bands and balls.

Power Kids—Aerobic exercise using, balls, steps, hula hoops, jump ropes and lots more. Fun, exercise and agility. For kids 5-10 only!

Basic Step Aerobics I— Cardio step with basic choreography followed by toning and abdominal exercises.

Step Aerobics II— Cardio step with intermediate to advanced choreography, followed by basic toning and abdominal work.

Beginning Yoga — An intro to basic yoga postures.

Yoga I— Hatha style Yoga for all members, experienced and those just beginning. Yoga will help you become more flexible, increase stamina and relaxation for you're your body.

Advanced Yoga Flow — Hath Yoga with challenging poses linked together. Ages 16 and up ONLY!

Kids Yoga—Ages 6-12—Kids only yoga class. Kids will learn a variety of yoga poses.

Dance Sculpt— This class will have a number of dance moves that will sculpt and target different muscle groups in your body, These are the moves that will give you the lean look dancers have.



I— Muscular Strength & Range of

Movement— Non impact exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, bands, and a ball are offered for resistance : a chair used for seated and standing support. Concludes with stretching and relaxation exercises.



I-Cardio circuit— Increase cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work with hand held weights, bands and a ball is alternated with non-impact aerobics. A chair is offered for support. Concludes with stretching and relaxation exercises.



YogaStretch— This class is designed to physically and mentally engage you with a variety of safe & fun yoga postures and breathing exercises. A chair is used for seated & standing support.



Bike reservations can be taken 3 days in advance by phone or in person. Members must arrive 15 minutes prior to the start of class to secure a bike. At 10 minutes prior to the start of class bikes will be given to the 1st person on waiting list. Members should bring a towel & water and should have completed a bike orientation. Please see the Member Service desk for orientation times.

James P. Gills Family Branch

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YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.