

**Ankeny Family YMCA Adult Fitness Class Descriptions**—(June 2010) *Indicates a new class format, time or a class returning to the fitness schedule.*

**BODYJAM™** - BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class.

**Boot Camp**—Looking for a strength training and cardiovascular personal challenge? Boot Camp is for YOU! Get moving in this motivating team-oriented atmosphere that's created as fellow exercisers 'survive' the Boot Camp classes together. Fee for class, registration required.

**Cardio Express**—Join this choreography-free "get in/get out" 30 min. cardio class for all fitness levels. Class may include athletic drills, kick boxing, hi-lo aerobics or step.

**Kick Box**—Are you ready for a very athletic Martial Arts inspired cardio workout? This class combines quick and powerful jabs and punches of the upper body with explosive leg kicks of the lower body. This class is an overall total body strengthening class with the added advantage of improving cardiovascular fitness.

**Circuit**—This combination class includes a variety of cardiovascular exercises for at least 50% of total class time along with muscle conditioning work, for a total body workout. Circuit classes are great for advanced participants to challenge themselves during the muscle intervals and good for beginners who can use muscle intervals as a rest period.

**Core**—A 10 minute session devoted to abdominal and low-back strengthening.

**Core/Stretch 101**—This class will emphasize the core muscle groups (abs/back/upper body/lower body) along with some relaxing stretches to help improve flexibility.

**Fitness Extreme**—This class is a challenging, high-intensity cardio/strength training class. The focus is on seeing definite improvements in your fitness level through the use of callisthenic-type activities that will push you to perform your best. This class will require a high level of commitment from participants. Fee for class, registration required.

**FUNctional Fitness**—This class is designed for the adult "HEALTHSEEKER" who is just getting started or trying to get back on track with their fitness program. All of your fitness needs will be incorporated into each class. Registration required—FREE to YMCA members.

**FUNctional Yoga & Balance**—"HEALTHSEEKERS", FUNctional Yoga & Balance is for you! Benefits of FUNctional Yoga & Balance include: improved flexibility; stamina and overall health without undergoing a high level of physical stress. FUNctional Yoga & Balance will focus on yoga poses and progressions that incorporate easy deep breathing, seated and standing stretches, standing balances with the ability to touch/hold on to a chair for stability. Modifications are given for all fitness levels. Registration required—FREE to YMCA members.

**Group Cycling**—This class includes an all-terrain ride with hills, flats, sprints, jumps and athletic drills at intensities for varying fitness levels.

**Hapkido**—Hapkido is a type of Korean martial art which focuses on defense rather than offense and is designed to neutralize an opponent through a range of techniques. Hapkido incorporates physical and spiritual discipline to build character as well as self defense skills. This class provides complete physical conditioning which improves balance, posture, flexibility, timing, quickness, muscle toning, joint strength and most importantly, confidence through physical and mental discipline. Classes are for individuals 14 yrs. of age and up (younger when accompanied by a parent). Fee for class, registration required.

**Instructor Choice**—Experience the benefit of cross training with different styles of cardio conditioning being offered from week to week. There will be a flyer posted informing participants of the type of cardio class that will be taught each week. This is your chance to sample a variety of cardio classes.

**Kettlebell Training**—Stuck in a rut? Bust out of it in a big way with a Kettlebell workout. Kettlebell Training will help build core strength, overall muscle strength and endurance, stamina and flexibility. Our Kettlebell Training will push you to use muscles in a way that you have never used them before. Fee for class, registration required.

**Lil' Dragons**—Our NEW Lil' Dragons Tae Kwon Do class is designed for 4-7 yr. olds. The special program teaches: listening and cooperation; healthy living choices; coordination and balance; focus and concentration; confidence and goal setting; self-defense and safety. Give your child a fun, safe activity that teaches lifelong skills. Fee for class, registration required.

**P.H.A.A.T. (Pretty Hips, Abs, Arms, Thighs)** This body sculpting/toning class is exactly what it says! This class will be using dumbbells, body bars, and resistance bands for the P.H.A.A.T. body! Come ready to tone and sculpt and see improvement in the way your body looks and how your clothing fits.

**Pilates**—Pilates is a total body conditioning and toning method helping to improve participant's strength, flexibility and balance. The purpose is to improve posture and to increase participant's core strength.

**Step Combo**—This combination aerobic class will include step aerobics patterns along with athletic drills, kickboxing, hi/lo floor aerobics or other sport style conditioning.

**Tae Kwon Do (TKD)**—A Korean based martial art that stresses total body coordination at the same time developing strength and flexibility while learning self-defense techniques. These classes are designed for 7 yr. old-adults and are a great way for families to work out together. Come and try one week free of TKD classes at any time during the session. Fee for class, registration required.

**Tai Chi**—A Chinese based physical, mental & spiritual exercise, often referred to as "Meditation in Motion". Tai Chi is a series of gentle, graceful movements linked together in a continuous smooth-flowing sequence with each movement flowing rhythmically into the next with the mind staying focused, powerfully enhancing your powers of relaxation and concentration. Registration required—FREE to YMCA members

**T.U.B.E. Express**—The Ultimate Bodyshaping Experience—change up your strength training routine with this challenging total body resistance workout using only resistance tubing. This 30 min. "get in/get out" Express class will give you the results you desire in a short period of time.

**Turbo Kick**—One of the hottest classes around! Turbo Kick takes athletic moves, sports drills, hip hop flavor and mixes them into easy to follow combinations. Many of the moves are kickboxing specific for strength and endurance training.

**Yoga**—You will learn the fundamentals of Asana Yoga; how to breathe, move, stretch and relax. Uses gentle stretches and poses to increase flexibility, muscle strength and joint stability. Both young and older individuals will benefit.

**ZUMBA™**—ZUMBA™ is a Latin-based cardio workout. The dynamic routines which are designed to be FUN and EASY TO DO, feature interval training segments where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest and you've got ZUMBA™!