

## CLASS DESCRIPTIONS

 **Butts and Guts** -If you looking for an intense 30 minute workout, you've found it! Train and tighten all regions of the lower body and core. Workout will focus on the abs, glutes, legs, and lower back using light weights and body resistance. Let's feel that burn!

**Circuit – NEW** – Rotate between cardio and strength exercises in a fun and easy-to-follow routine. Nothing gets you in shape faster than a circuit workout.

**Core De Force – NEW** – Core De Force workouts are broken into 3-minute 'rounds' – just like a real boxing match. For 3 minutes, you'll attack boxing, kickboxing and Muay Thai combinations. Bodyweight moves. And a fat-blasting cardio spike in every round. You won't just pummel calories...you'll blast fat off your core.

**Fast Fit & HIIT – NEW** – Incorporates body weight and free weight exercise for a total body strength and tone. High intensity intervals and sports conditioning will get your blood pumping and your metabolism revved for an all-day calorie burn. Including flexibility and balance moves will increase joint stability and help prevent injuries. BEST PART = in and out in 45 min.

**Group Cycle-** *Group cycling* is a great way to build cardio endurance while blasting calories – and best of all, doing it at your own pace (you control your intensity!)

**Kettlebell-** Kettlebells provide a high energy, full-body movement targeting the core. Class will move in a slower sequence concentrating on proper form and technique while still delivering a great cardio and resistance combined workout.

**Pilates I-** This class will teach beginners the basics of Pilates, the ultimate core body workout.

**Pilates II-** Core body work for those with several weeks of Pilates experience.



**PiYo** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.



**Pound!** - THE CLASS. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, **POUND®** transforms drumming into an incredibly effective way of working out. ... Designed for all **fitness** levels, **POUND®** provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

**QIGONG/QI Movement:** -The ancient Chinese healing art of **QiGong** decreases stress and improves healthy vitality. These gentle exercises combine visualization, breathing, and body movements to promote relaxation and reenergize the body.



**@ Cardio Circuit** –Combine fun with fitness to increase cardiovascular and muscular endurance. This standing circuit workout develops upper-body strength with hand-held weights, elastic tubing with handles, and a SilverSneakers ball alternated with non-impact aerobics. Chairs are used for support, stretching, and relaxation exercises.



**@ Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.



**@Yoga Stretch** – Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Gentle Yoga**– Breathe, stretch, and be strong. Bring your own mat or borrow one of ours and come ready to relax.



**@**– A Latin inspired dance workout mixed with upbeat, fresh music and you have a dynamite experience sure to pass the time. Come join the party!

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**MAX Fit-** This 5 week adult program features bootcamp style workouts guaranteed to raise health, fitness, and physique to new heights. The total body workouts utilize combinations of high repetition strength training, calisthenics, plyometrics, speed ladder, dots training, body weight exercises, and cardio. Class meets 6-6:45 AM Mondays, Wednesdays, and Fridays. Cost: Free/Members, \$68/Prospective Members.

### Helena Family YMCA

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