



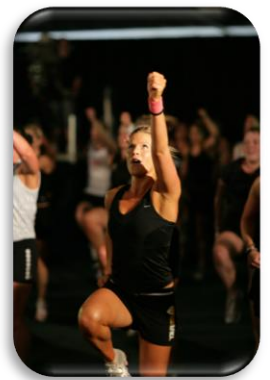
**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Tyler YMCA Group Exercise Summer Class Descriptions

BODYPUMP (55 minutes)- BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!



BodyAttack- This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals – from weekend athlete to hard-core competitor.



Yoga for all Levels (60 minutes) Explores gentle movements to increase flexibility, strength and well-being. Students are led through stretches, traditional yoga poses and breathing exercises, then guided into deep relaxation. Ideal for those with chronic pain or stress, those returning from illness or injury, or anyone who would like a gentle approach to the ancient practice of yoga.

Aquacise (45 Minutes to 60 minutes)- Aqua aerobics is a form of aerobic activity that is conducted in a swimming pool with a depth of approximately waist or shoulder level. Aqua aerobics causes very little stress on the joints compared to other types of aerobic dance. Thus, aqua aerobics is less likely to cause injury. Aqua aerobics can be an excellent method of cardiorespiratory conditioning.



Pilates (45 Minutes)- A body-conditioning technique designed to stretch, strengthen and balance the body. Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. Excellent for improving posture, strength and flexibility and aligning the body correctly, pilates also teaches coordination, concentration and control of the body.

Zumba (60 Minutes)- Zumba is a "feel-happy" workout that is great for both the body and the mind. ZUMBA is a fusion of Latin and International music -dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

