

Group Exercise Class Descriptions

Ab Jab Focus –Are ready to pick up some basic boxing skills with the addition of Pilates? This class works the entire body. Shoes are required for the boxing portion but may be removed for the Pilates portion.

Boot Camp – This is an 8 week class that will challenge you at your skill level. The class will consist of exercises that will include both strength, cardio and agility. There will be a health assessment the first and last class, to see what a difference 8 weeks can make! Go get 'em!!!

Cardio Kickbox – Workout with an ATTITUDE! Cardio conditioning class using kick-boxing moves, focusing on every muscle group. Great class for both men and women!

Cycle –An intense workout in a short amount of time! Beginner cyclists, please report to class at least ten minutes before class so that you can be fitted to your bike. Please bring a water bottle. Work at your own pace and have fun! Sign-in is required.

Intervalocity – Put some muscle in your step as you alternate between segments of cardio step and strength and muscle toning , for a time-saving overall conditioning workout using a step and a variety of equipment.

Pilates/Pilates 101- Breathe with control while you strengthen your deep core stabilizers. Apparatus include mats, stability balls, and rings.

PiYo- PiYo is a combination of Pilates and Yoga. Balance and core conditioning exercises done either in a chair, standing with the chair available for support, or on a mat.

Power Pump- This total body conditioning class incorporates barbells, hand weights, stability balls and resistance tubing. The focus of the class is on muscular endurance and strength.

Step It Up- Maneuver on and around a step bench for a great workout! Classes adhere to Step Reebok and YMCA safety guidelines.

Step & Sculpt- Get all your fitness bases covered. You will get a mix of cardio, muscle strengthening, along with core training and stretching. Options are offered for all fitness levels.

Tai Chi – Integrates mind and body creating balance, flexibility and calmness by using deep breathing and fluid movements.

Yoga- Yoga will help you relax, gain flexibility, reduce stress, and tone your body.

Zumba/Zumba Gold - It's an energetic class, that blends latin dance with fitness moves. Rhythms will include meringue, salsa, samba, tango, calypso, cha cha, and more. If you are an active older adult or would like to take it a little slower then **Zumba Gold** would be a good class to start out with. Come on try it, you'll love it!

Cross Timbers Family YMCA

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