

## STUDIO FITNESS CLASSES

### **Classical Ballet Barre \$\$**

An opportunity to experience the beauty and benefits of classical ballet barre work. We focus on developing our posture, strength, flexibility, muscle control, and balance in a fun, encouraging atmosphere. This classical ballet barre includes plies, tendus, degages, rond de jambes, fondus, frappes, grand battements, and even pirouettes. Gain grace, strength, memory, and posture while enjoying beautiful, classical ballet music.

Intermediate Class 9 AM Mondays

Beginner Class 6:30PM Thursdays

To register for the Intermediate Class, you must have some dance experience or have taken/are taking, the Beginner Class.

Email [tsevlie@gmail.com](mailto:tsevlie@gmail.com) for more information, questions or concerns about what class to register for.

### **Cycling**

Build strength, improve cardiovascular endurance and burn calories like crazy in this athletic workout. Our fitness instructors will challenge you with multi-level and intense intervals on a specialized stationary bike.

### **Cycle Revolution**

This is our 45-minute signature cycling class. Every instructor is unique, but all REV Rides are full-body and high-energy. With killer leg, core, and cardio sequences, you'll experience an incredible mind and body transformation!

### **Glovieworx & Conditioning \$\$**

Ready to channel your inner Rocky? Boxing is not just an arm workout. When done properly, it is a full body workout—legs, core, back, shoulders, and arms as well as a cardiovascular workout.

### **Interval Training**

Weight and cardio station class. This class is designed to work your whole body at your own level and pace, in the motivating group fitness environment.

### **Les Mills: Body Pump**

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast.

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to [540 calories](#)\*\* . Instructors will coach you through the [scientifically proven](#) moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

### **Les Mills: Body Attack**

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to [730 calories](#)\*\* and leaving you with a sense of achievement.

### **Les Mills: GRIT**

LES MILLS GRIT™ **Strength** is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT™ **Cardio** is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS GRIT™ **Plyo** is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

### **Mix it Up**

Mix it UP is your lunch hour power! This 45 minute program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.

### **PlaYground**

Gain Strength through Exercise! You will have full use of the PlaYground, Olympic lifts, Dumbbells, bands, balls, and Wellness Center Equipment. We'll focus on exercises that strengthen and tone your entire body with the use of weights or weight equipment.

### **Power Bootcamp**

A combination of strength, cardio, tabata & HIIT utilizing all different types of equipment working all parts of the body.

### **Sculpt and Tone**

A great muscle sculpting and toning routine that will tone and shape your entire body. All levels welcome.

### **Step**

Step is a great way to raise the intensity of your workout, while keeping the impact on your joints to a minimum. This class will provide an excellent workout with fun choreography using a step.

### **Strength & Tabata**

Strength & Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

## **Strength & Abs**

Staying strong through our lives is vital to ensure our independence. Through this class you will increase your metabolism, improve bone density, and strengthen your muscles through the use of a variety of strength resistance equipment in our studios. This class is based on progressive resistance that gradually increase the training load as your muscles become stronger. Strength training is recommended on non-consecutive days to accommodate muscle recovery.

## **Tabata / Bootcamp**

The perfect combo of movement, motivation, and maximum energy - MORE THAN just a Group X class! This is an amazing workout with various HIIT timing patterning principles. Participants will use a variety of equipment and every class is different. All levels welcome.

## **No Limits**

Inspired by the combination of martial arts and boxing, this super energetic class will boost your power kicks, improve your speed and enhance your agility in team based atmosphere. Powerful music turns up the volume and keeps you going. Instructors may include some equipment such as jump ropes or boxing bags to enhance your experience.

## **Trek & Tone**

The latest group-exercise program that takes advantage of the workout machines found in the wellness center, and especially our Red Wing YMCA's PlaYground weight area. Combining cardio, treadmill, biking, rowing, and elliptical trainer, with weight machines around the wellness center, to give you a total body workout.

## **Y- Fit 45**

This group strength training is an overall workout from head to toe. Class will consist of many types of movements using dumbbells, barbells, plyometric movements, bands, and balls. Strength training is consistently shown to be one of the most effective ways to improve your quality of life long term. Start today- you'll be glad you did.

## **Y Lift \$\$**

Live better. Live stronger. This class aims to improve strength, and agility. This class promotes progressive resistance where your training load is increased as your muscles become stronger. Included in this class is functional fitness movements, weight lifting on the PlaYground, and use of studio space and equipment. Strength training is the only type of exercise that can maintain muscle and metabolism as we age.

## **Youth Gloveworx & Conditioning \$\$**

Ready to channel your inner Rocky? Or should we say Adonis Johnson (Apollo's son in CREED). This workout is for kids 12-16. Boxing is not just an arm workout. When done properly, it is a full body workout—legs, core, back, shoulders, and arms as well as a cardiovascular workout. Learn the fundamentals of Boxing and how you can turn Boxing into a great fitness routine.

## **ZUMBA**

This Latin inspired 'dance-fitness' class incorporates Latin and international music and dance movements, which create a dynamic, exciting and effective cardio workout. All Levels Welcome, No experience necessary

## **Active Older Adults**

### **Restorative Functional Fitness**

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

### **Senior Circuit**

A combination of cardio, strength and balance designed for those looking for low to no impact movement with strength and balance to enhance functional movement. And it is fun!

## **YOGA CLASSES**

### **Chair Yoga**

Perfect for people with physical challenges that find it difficult to get on & off the floor. Exercises explore & enhance a greater range of movement while protecting the back and joints by easing carefully in to yoga postures with chair support.

### **Yoga: Relax & Reflect**

All levels class, great option for beginners, moving at a slower pace allowing extra time to enjoy each pose. Attention to breath & alignment. Will use modifications & props.

### **Yoga**

Explore a Vinyasa flow class - a slow warm up, then faster flowing movements, using breath-work, and mindfulness based approaches to move in a way that honors your body. The end of class we hold postures longer & aim to relieve stress & tension.

### **Yoga Fusion:**

A true blend of balance, core strengthening and flexibility, Yoga Fusion combines the meditative, detoxifying qualities of yoga with some strengthen poses to help you deepen your yoga practice. Set to motivating music, you'll focus on yoga postures that open the shoulders, hips and spine while strengthening your core and upper body.

### **Yoga - Strength & Balance Flow**

A more challenging form of yoga characterized by sun salutations & a diverse series of strength, balancing, and muscle lengthening poses practiced in a flowing succession. This class emphasizes physical and mental strength, flexibility & stability.

### **Hot Yoga Sculpt**

When muscle meets yoga! Boost Metabolism & build lean muscle mass as you move to amazing upbeat music. You will use free weights and incorporate cardio to intensify yoga poses while mixing in strength training moves like squats, lunges & bicep curls. Heat may be added to the studio space.

### **TRX YOGA \$\$**

TRX for yoga suspension training makes advanced poses more accessible by eliminating any fear of falling, boosting essential core strength and guiding you toward optimal alignment.

### **Yoga: Go with the Flow**

Yoga is a flowing sequence of specific asanas (poses) coordinated with the movements of the breath. Vinyasa classes will challenge your aerobic endurance, enhance flexibility, and build overall strength. You will create internal body heat and most likely sweat, so please bring a towel.

### **Pilates/ Barre Fusion**

If you like yoga, balance & conditioning training, Pilates/Barre Fusion may be perfect for you! It's a conditioning fitness class that focuses on body alignment and breathing. The exercises cover all core powerhouse muscle groups: abdominals, lower back, shoulders, thighs and gluteals. Yoga poses incorporated throughout the class along with a relaxation asana finishing out the class.

## Water Fitness

### **Deep Water**

Intense, fun deep water class for those looking to step up their fitness program. Great music and total body fitness with emphasis on core stabilization for a great challenge. Swimming skills are recommended.

### **Restorative Water Exercise**

A gentle class in a shallow pool designed to ease into movement and improve range of motion and balance. It is a great entry level class with a variety of modifications offered based on participant ability.

### **Shallow Water Fitness**

A shallow water cardio class designed for all fitness levels. Variety and full-body exercise combine to make a great workout. Swimming skills are not required.

### **Water TABATA**

Interval training class using a timer to perform 20 sec. of maximum intensity exercise, with 10 sec. of rest. Moderate to high intensity water aerobics using all the large muscle groups. This training type boosts both aerobic & anaerobic capacity.

### **Water Bootcamp**

This class leads participants through a rugged workout of sports drills, circuits and interval training. Using the properties of water, these exercises are designed to improve your strength and stamina.

### **WaveFit \$\$**

Be prepared to burn calories and build strength with total body exercises that use body weight and tubing attached to your paddle board. Cardio bursts, strength and conditioning drills will be blended for a complete, total body workout.