

## Group Exercise Descriptions- KALIHI YMCA

**Back Care Yoga:** A gentle, therapeutic style workout created to enhance the flexibility of your spine, build muscular support and help correct postural imbalances. Great for all levels, especially those who are new to yoga.

**Boxing:** We invite seekers of all fitness levels to experience a unique and challenging 90 minute workout. Sport specific to boxing, includes conditioning drills with devotion to routines that build core strength and stamina.

**Cardio Circuit:** Complete your daily cardio and strength requirements in this one hour with this mix class. Here we combine moderate to medium intensity cardiovascular and resistance training in a fun and efficient circuit format.

**Gentle Pilates:** This class consists of introductory through intermediate level exercises. A safe, no-impact routine that stretches and strengthens all the major muscles groups with a focus on the core. This is a great class to strengthen weak backs, help flatten tummies and even improve poor posture. All Levels.

**Gentle Stretch:** Designed to help you relax, stretch, and rejuvenate. Perfect for those who are just beginning or have a limited range of movement. Similar to yoga type stretching. All Levels.

**Gentle Yoga:** Designed to bring the absolute beginner a framework for practicing yoga and to refresh the foundation for already practicing yogis. Modifications offered for those with physical limitations.

**Hatha Yoga:** Postures designed to stretch and strengthen your body, while increasing concentration and balance. Regular practice trains the mind to concentrate and to control the body to attain precise postures. All Levels.

**Hula Aerobics:** A unique blend of rhythmic movements of the entire body. This class fusion of interval training, Polynesian dancing, designed to sculpt and tone the body. All Levels.

**Iyengar Yoga:** Most noted for its emphasis on proper alignment, improving circulation and bringing a balanced flow of energy through the entire body. We offer two different class lengths, 60 minutes classes are great for all levels; 90 minute classes are more for those who crave intensity. As in every yoga class, Instructor will offer modifications for beginners and challenging options for the more daring. Not recommended for the absolute beginner.

**Turbokick:** A unique blend of moderate intensity dance moves choreographed to energizing, motivation music with a mixture of easy to follow kickboxing moves and a relaxing cool down. A great routine for burning calories and releasing built up stress.

**NIA:** This interpretive dance cardio class combines carefully selected movements and concepts from Yoga, Tai Chi, Jazz and Modern Dance into its unique and uplifting format. All NIA movements can be personalized for any level of fitness. Great for beginners.

**Tai Chi:** Often referred to "moving meditation". Yang style Tai Chi helps improve strength and balance; aids in pain relief, targets your inner energy, increases memory and concentration, reduces stress, relaxes and rejuvenates. See class times for appropriate level.

**Total Body:** This moderate intensity class is fun and invigorating. A combination of cardiovascular training and with endurance training using bands, hand weights and exercise balls for a complete Total Body Workout! All Levels.

**Silver & Fit II:** Great class for our active older adults. An upbeat 60 minute class designed to improve balance, agility, strength and cardiovascular fitness. Can be done seated or standing. No experience necessary.

**Vinyasa Yoga:** Vinyasa, (flow) Yoga emphasizes standard yoga poses with powerful biomechanics. You will learn to flow a combination of poses with along with proper breathing techniques. Increases flexibility, strength and balance. Helps calm the restless mind while directing energy into constructive channels. All Levels.

**Yin Yoga:** Yin Yoga targets the connective tissue of the hips, pelvis and lower spine. A combination of passive, postures, held *while relaxing*. Flexibility gained from Yin postures helps the body to execute the moving (Yang) postures. This could be the yoga that your body is craving. Great for beginners and the curious of heart.

**Zumba:** Dance aerobics class that fuses hypnotic Latin rhythms and easy to follow moves, resulting in a dynamic cardio workout. The energizing music and talented instructors make your workout s more like a party! All Levels.

**Zumba Gold:** All the fun and energy of Zumba in a class designed for the beginner or active older adult. Extra warm up & cool down routines help this routine transition into the dance moves of energizing music. Let your sassy side have some fun with Zumba Gold.

**Zumba Toning:** Combines Zumba Dance and Body Sculpting Techniques for an exciting yet easy to follow routine. In order to enhance this workout, light hand weights are included for a strength based workout. All Levels

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For additional information contact  
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