

## Group Exercise Descriptions- Nuuanu YMCA

**TRX:** TRX is a suspension apparatus that utilizes body weight and gravity to help improve your strength, balance, flexibility, and core. TRX is limited and sign in sheets will be handed out 10 mins prior to class.

**TRX Triple Threat:** This class utilizes TRX in a great 35 minute workout! TRX is limited and sign in sheets will be handed out 10 mins prior to class.

**Pilates:** This mat class consists of introductory through intermediate level exercises with thorough explanation and demonstration. Through a precise Pilates workout; one will see marked improvement in strength, balance, flexibility, muscle tone and posture.

**Yoga:** form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and relaxing. Yoga has been used as a meditation technique for thousands of years. As you exercise, you meditate on what your body is feeling and try to be "one with the universe."

**Vinyasa Yoga:** Yoga means to "bring together" or unite. This yoga class uses gentle poses to improve upon posture "asana", strength, flexibility and mental focus. Focus on the breath (ohm) for relaxation brings together the connection of the mind, body & spirit.

**Yogafit:** a style that combines fitness moves such as push-ups, sit-ups and squats with traditional yoga postures linked together in a flowing format.

**Hatha Yoga:** This class focuses on a set of postures that will stretch and strengthen all parts of your body while increasing your concentration and balance, with emphasis on the spine and body core. Although some of the postures will be challenging to master, they are designed to counteract the effects of injuries that have occurred over your lifetime and to maintain your health over the long term. Regular and consistent practice trains the mind to concentrate and to control the body to attain precise postures. Students should wear comfortable yoga clothing that is not too loose. Also required are yoga mat, large towel to cover the mat, and water for hydration.

**Yogalates:** Blending the essence of Pilates and Yoga into a fitness format, this class is designed to challenge all levels of participants through the integration of progressive yoga postures with the core-strengthening Pilates' focus.

**Power Yogalates:** This class has all of the facets of "yogalates" but the movements are stronger, the pace is faster, and props are used.

**Gentle Yoga:** This is a beginning yoga class for those who have always wanted to try. Basic Yoga postures, offering modifications for those with physical limitations.

**Tai Chi:** Evidenced based, easy tai chi forms endorsed by the Arthritis Foundation. Class focuses on slow, controlled movements, proper posture and weight transfer, and breath work promotes "jing", serenity

**Qigong:** The focus of qigong practice is to cultivate and balance qi (life energy/energy flow) as it affects the mind, body and spirit.

This class is part of the morning taijiquan class and is an introduction to qigong taught in the format of a workshop and sharing of taijiquan studies in Beijing. The goal of the class is to assist participants in cultivating their qi.

**Nia:** this interpretive dance cardio class combines yoga, martial arts, jazz, ballet, etc. into its unique and uplifting format.

**Family Salsaerobics:** Dance with your family! Join Hawaii's best Salsa dancer as she leads this HOT, HOT, HOT latin dance cardio class. Learn real salsa moves and get an awesome workout!

**Zumba:** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness class. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to sculpt and tone the body while burning fat.

**TurboKick:** A beginner/intermediate class to introduce kickboxing. This class will combine martial arts movements with conventional aerobic dance moves to make a great cardiovascular and total fitness workout.

**Cardio Kickboxing:** An action packed, heart pumping class. This is an effective cardio workout guaranteed to make you sweat!

**Boxing Fitness:** is the ultimate workout to get in the best shape of your life. This workout stimulates all muscle groups, providing strength, power, coordination, aerobic/anaerobic fitness and endurance using basic boxing skills and conditioning drills.

**Hot Hula:** This fun, new exciting workout provides participants with a total body workout. Isolates larger muscle groups and increases muscular endurance and definition to your core muscles. This class is inspired by the dances of South Pacific Islands.

**Hi/Lo:** A combination of impact and non impact aerobics, toning, and stretching, with modifications for beginners. Students learn correct technique and become familiar with basic moves. Changes will be made to accommodate needs/preferences of participants.

**Step Circuit:** : Heart pumping music with high energy step choreography mixed with intervals of plyometrics and weighted exercises for a full cardiovascular and strength training workout.

**Low Impact:** A non-impact, low intensity class with easy to follow choreography.

**Power Pump:** One hour group weight lifting class. Great music, great exercises, and a total body workout for awesome results.

**Total Body Circuit:** mixes some cardio intervals with weight endurance training using bands, hand weights, exercise balls, and steps.

**Gut Cut:** Focusing primarily on the core muscles – abdominals, lower back, hips, glutes, and thighs – this 30min. class is a great compliment to any exercise program or a challenge on it's own.

### **Cycle & special formats**

**Cycle/ Endurance Ride:** Join us for a different ride every class. Cycling in an interval training class that helps you improve your cardiovascular health.

First time? Please arrive early for bike set up. Water and towel required. Bikes are limited and sign in sheets will be handed out 10 mins prior to class.

**Cycle Bootcamp/Triathlon Cycle:** An interval cycle class with the use of stationary bike and a bootcamp style total body workout. This class helps you improve cardiovascular health and muscle endurance.

**Cycle Circuit:** An interval cycle class with use of stationary bike and circuit workout. This class helps you improve cardiovascular health and muscle endurance.

**TRX Cycle:** an interval cycle class with use of stationary bike and the TRX system. TRX is a suspension apparatus that utilizes body weight and gravity to develop strength, balance, flexibility, and core.

**Yfit?** A total body conditioning class that develops functional strength and movement. Learn cutting edge fitness trends while keeping your heart rate up and your body moving for a full 1hour workout.

**H20:** This non-weight bearing, low impact exercise & resistance class is especially good for anyone recovering from an injury or beginning an exercise program. Aqua bells, noodles and other swim equipment may be used.

**H20 talk story:** All the same as H20 but its member led.

**Zumba Gold:** All the fun and energy of Zumba in a class designed for the active older adult and beginner.

**Silver & Fit:** Great class for our active older adults. This class combines social interaction with cardiovascular and strength exercises to improve total health. This class can be done seated or standing and uses weights, bands and other equipment.

**AOA:** for our members 55+- a low intensity cardiovascular class with easy to follow choreography. This class covers balance training, strength and flexibility using resist-a-ball, bands, and weights. Slightly more advance than Silver&Fit®.

**Wing Chun Drills:** This class will focus on standing, close range self defense tactics. There will be physical contact. No previous martial arts experience is needed. Ideal for men and women wanting to improve their everyday self defense techniques.

**Escrima:** This class is a complete martial art system that originated and evolved in the Philippines. Skill learned are single stick, single knife, double knife, stick and knife fighting and pocket sticks. Empty hand defense will also be taught.

**AIKIDO:** Involves stretching, tumbling and pressure techniques and makes muscles firm and flexible. This class will help to improve posture, relaxation.

**Karate:** This class is a street-wise defensive system that does not rely solely on physical strength, size or gender. There is also the extensive use of traditional Asian weaponry.