



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLASS DESCRIPTIONS

CARLISLE FAMILY YMCA GROUP EXERCISE

CYCLING

BOLT Power Cycle – Bolt means a lightning strike, to run as quickly as you can or to move with great haste. Our BOLT class will move you through a high cardio, power cycle for 30 minutes. If you want an added benefit to BOLT, check out 15-minute POWER Stretch or POWER Yoga offered on different days after BOLT Cycle to get a complete full fitness jolt at lightning speed with Flash Henninger instructing.

Cycle HIIT+FIT – A cardio workout without comparison where you'll climb the biggest hills, sprint across flats and more! This high energy ride brings together music, movement and heart rate work in just 45 minutes. Expect to be pushed past your limits as you are led through a workout that will motivate you on and off the bike. Begin pedaling and let's go!

Cycling for Fitness – Ride with purpose with workouts structured for interval, strength or endurance training. All levels are welcome. New riders should come 15 minutes prior to start for bike setup and basic instruction.

Go with the Flow – Surrender to the rhythm of the music and allow the power within to kick start your week upbeat!

Intro to Cycling – Welcome to cycling. Whether you need some time to figure out the new bikes, need a brief refresher or are brand new to the world of cycling, this class is for you! All levels are welcome. Beginners are encouraged to give this class a try first. ****This class is offered as a seasonal "pop up" during the busier months of the year.**

LES MILLS SPRINT™ – Welcome to your 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike and incredible music to achieve fast results. *****Class is not recommended for beginners**

Maximum RPMs – Come ready to work hard. Drills, runs, climbs, Tabatas and active recovery make water and towels an absolute necessity for this class.

#MTJP – MTJP stands for MORE THAN JUST PEDALING – This class is on trend with all the popular boutique cycle studio trends. #MTJP has all the components of a traditional cycle class (climbs, sprints, runs & Tabatas), but with a new component—on the bike choreography. This workout not only activates your legs, but now also your arms and core. This class is for all types of riders. The choreography will be demonstrated and taught before each class begins, but as always is optional. Make sure to bring your water and towel because this 30-minute class is guaranteed to make you sweat! Note: please arrive 10-15 prior to class to ensure proper bike set up. ****Look for this class during the summer and over the holiday break.**

Next Gen Cycling – If you are interested in trying something new and don't want to listen to your parents' music, this class is for you! It's a high-energy ride with a party vibe. We'll have upbeat music and a social atmosphere. No experience necessary.

Sunday Long Ride – This class blends some of your favorite training modalities for a 60-minute blast to your fitness to train your endurance. PowerZone training concepts will be utilized to train at differing exertion levels. Completion of a Functional Threshold Power (FTP) test will help drive results through the roof. The PowerZone levels are individual to the rider and thus a beginner and experienced rider will both be working hard. During the ride your instructor will call out a zone for riders to achieve for a specific amount of time. It is like a personal training session. ****FTP tests will be scheduled randomly for riders who want to tap into their personal threshold.**

DANCE

CIZE™ LIVE – Forget squats, lunges and boring cardio. CIZE is the dance exercise program you'll look forward to doing every day. Jeannette breaks down every move, step-by-step, so anyone can do it. CIZE is such a blast, you may even forget you're getting an awesome workout!

DANCE*FIT – Perfect for everybody and every BODY! Each DANCE*FIT class is designed to bring people together to sweat it out in a club-like atmosphere using only TOP 40 music from the 90s on. DANCE*FIT is an empowering, motivating, inspiring and easy-to-follow dance fitness class for all shapes, sizes and fitness levels! DANCE*FIT is a form of self-expression through the artful flare of sexy, exotic and inspiring dance steps that empower the mind, body and soul! Join us for a most exhilarating hour of energy and leave with a renewed sense of self-confidence! Give it a try, we promise you'll be hooked!

LaBlast® Fitness – Ballroom dance partner free. This is an interval-based workout that offers modifications, weight training and a playlist that covers all genres. LaBlast® introduces students to the true skill and essences of over 12 different dances around the world including swing, tango and quickstep.

Zumba® – A fun exciting way to dance your way to a fitter you! Using a fusion of Latin and other exotic music rhythms and dance themes, Zumba® creates a party-like atmosphere that is also a dynamic, effective and most of all FUN fitness system. Easy to follow.

Zumba Gold® – Follows the Zumba® formula with modified moves and pace to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join in the exhilarating, easy-to-follow moves and the invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun!

Zumba® Toning – This class is a great way to enjoy the fun of Zumba® while focusing on sculpting and toning your muscles. It works by adding light weights (or Zumba® Toning Sticks) to help you focus on specific muscle groups.

FUNCTIONAL FITNESS CENTER CLASSES

Bootcamp – Your instructor will lead you through an energetic full body workout utilizing HIIT training concepts with a focus on strength and cardio.

TRX® Bootcamp – This class utilizes TRX® training plans with concepts of bootcamp training.

TRX® + Kettlebell – This class utilizes TRX® training plans combined with Kettlebell work to maximize the strength training experience.

TRX® Suspension Training – TRX® stands for Total Body Resistance Exercise. It is a revolutionary workout method that uses your body weight and gravity as resistance to enhance strength, balance, flexibility and core stability simultaneously. It uses the TRX® Suspension Trainer, which merges gravity and the client's body weight to complete the exercises.

LES MILLS™ CLASSES

BODYATTACK™ – A sports-inspired cardio workout program for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BODYCOMBAT™ – The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay. Average calorie burn is 737 per hour.

BODYPUMP™ – The original weights class that builds strength, tones your body, pushes you to the limit and provides the education to perform weightlifting exercises correctly. This workout targets all your major muscle groups, shapes and tones those muscle groups and helps improve general fitness and well-being. Burn up to 560 calories per class.

CORE™ – Formerly called CXWORX™, this 30-minute 360-degree core-focused training class utilizes integrated and isolated movements for scientifically proven results. It's great for anyone who wants to functionally strengthen the muscles of the core and is appropriate for all levels of fitness.

GRIT™ Athletic – A 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. You will use a combination of bodyweight, weights and bench for ultimate multi-dimensional sports conditioning.

GRIT™ Cardio – A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

GRIT™ Strength – A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. It 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.

SMART START – Have you ever wondered what our Les Mills™ classes are about but weren't sure how to start or what to do?! Attend one of the SMART START 15-minute sessions on the schedule to get some of the basics you will need to master a class. Also, in any of our Les Mills™ classes (with the exception of GRIT™ or SPRINT™), feel free to come and take the Smart Start option of staying for the first 4 songs and working your way up to a full class week over a few weeks. You'll be able to master these awesome classes in no time. **This class is typically run during the busier months of the year as a "pop up" class.

MARTIAL ARTS

Advanced Tai Chi – Training continues for advanced participants onward. Here participants are introduced to more complexity including "tuishou" – "push-hands" two-person practice methods. This class is intended to be an extension of the 60-minute Taijiquan (Tai Chi) class.

Qigong (Chi Gong) – A broad title for historically Chinese "energy exercises." Based in large measure on Traditional Chinese Medicine Theory, Qigong training guides practitioners through stationary and gentle postures that balances mind and body. Like its cousin, Taijiquan, ample science supports Qigong's numerous health benefits.

Taijiquan (Tai Chi) – A "slow motion" Chinese Martial Art, often referred to as "meditation in motion." This program of exercise trains individuals for daily practice. The physical and mental health effects of Taijiquan are many. Suitable for all, Taijiquan is comfortably practiced into old age. Participants train together in a non-competitive, health-focused method. This class moves through the general practice of Taijiquan and is for beginners to early advanced participants. Here basic concepts—movement, coordination, balance and relaxation—are emphasized.

MIND / BODY

Barre Above® – Barre Above® is a barre program that blends the latest exercise science with the principles of the Lotte Berk method (the genesis of the Barre movement) delivering a fusion of ballet, Pilates, yoga and strength training to the workouts. Designed for a wide range of fitness levels, ages and bodies. Complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts always feel challenged.

Cardio Barre – A fun and super hyped-up barre workout incorporating extreme intervals, longer and deeper holds with no break time. This class will make you sweat with a combination of precise toning moves and cardio plyometric blasts that get your heart thumping and those endorphins going. Not only will your muscles be working aerobically, but your heart will be pumping too! Fun tunes, Plié squats and energetic strength drills like jump squats and sautés, forearm planks with rotation and push ups will help build muscle strength and create a longer and leaner body. Come meet your new addiction! Classes are mixed level yet vigorous.

Meditation Reset – A perfect guided opportunity to allow one's physical, mental and emotional states of being to release stress, tension and disease as patterned responses to the human experience. Allow the entire nervous system to recalibrate.

Pilates – A proven method for stretching and strengthening your entire body. If you are interested in putting health back into fitness, this is the class for you! All fitness levels welcome. Our Pilates classes offer a variety of options and challenges based on instructor. If you want a full-body workout that improves flexibility and core strength with exercises that stretch and tone all muscle groups, this class is for you. Class can vary from prop free to use of weights, Stability Balls™, Foam Rollers, Flex-Band® exercisers and Fitness Circle® resistance rings. Class warm up and repertoire exercises focus on Stott Pilates five basic principles.

Restorative Sound Bath – Sound bath is a variation of meditation that includes the use of crystal bowls and other sound-making objects to help create a calm, relaxing environment. Appropriate for all levels and abilities. Participants sit comfortably on a chair or mat to experience the restorative benefits of this class. Allow your mind to rest and ease any stress or tightness in your body as you settle in.

TGA Signature Barre – Develop core awareness while toning, lifting and lengthening your muscles from inside out. A perfect blend of traditional ballet positions, endurance training and mat Pilates to improve your overall physique and center your mind. Benefits include a full-body toning, a strengthened core and increased energy.

STRENGTH & MORE

Bike BOOTCAMP – Bike BOOTCAMP classes occur between Studio A and Studio B and alternate between Cardio Intervals on the bike and Strength Training on the floor. The Strength Training compliments the cardio and the two work together to create a total-body workout!

Burn+Build Circuit Training – Welcome to your strength and cardio training set up in circuits and designed to hit all three sections of your body—upper, lower & core—in just 30 minutes! Each class includes five workout blocks that toggle between all three sections. Each block has four, 45-second strength-based blasts followed with a 15-second rest and a cardio finisher. This class is built on a four-week rotation so participants can experience different exercises each week and keep a full-body focus. All exercises can be completed with or without weights and modifications are provided making this class perfect for the beginner to the experienced exercise enthusiast.

Cardio Step Intervals – Step aerobics are back! Cardio, strength and core work is included in a 45-minute blast. Come check out this heart-pumping interval workout using an aerobic step that is sure to make you sweat.

Core+MORE – Designed to functionally build and strengthen muscle groups around the abdominals, back, glutes and whole body using bodyweight and equipment. This class is accessible to all fitness levels and incorporates Pilates-based mat exercises, traditional core movements, targeted glute work and low-impact exercises.

Mixed Intervals – Join this 45-minute mixed bag of training. Each week will highlight a variety of training concepts not limited to cardio, HIIT, strength, balance and stability. Alexa will help with proper form and push you through sets of timed intervals.

Plyometric Step Intervals – Maximize performance and fitness levels with a combination of plyometrics and HIIT training on the bench to improve cardio, strength, power and anaerobic capacity! All levels are welcome to build and improve on their individual fitness levels in this fast-paced 30-minute class.

R.I.P.E.D. – Combines Resistance, Interval, Power, Plyometrics, Endurance, core and a very important Diet program. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

Senior Wellness – Senior Wellness is a program that focuses on light resistance training, body weight toning, balance, core and light meditation. Challenges are created on a regular basis to allow active adults to maintain or improve muscular function, stability, coordination and strategies to improve overall health. All levels are welcome. Individual modifications are available as needed.

YOGA

Asana Breakdown – A 60-minute practice where we break down key yoga postures (asanas) focusing on correct alignment and modifications suited for you. Sun Salutations, Warrior Series, Balancing Postures & more! **This class is typically offered in a winter session.

Chair Yoga – Chair Yoga explores the benefits of yoga using the chair for support and as an additional balance aid. Seated as well as standing poses are practiced. All levels are welcome. Chair Yoga is joint friendly, engages the core, helps with postural alignment and benefits the body and mind.

Easy Yoga – This is a gentle yoga practice. We use chairs and mats as needed. This class is suitable for all ages and physical abilities.

Moderate Flow Yoga – Incorporates fundamentals of Vinyasa Flow and Power Flow, but moves at a slower pace. This class is perfect for all levels.

Power Flow Yoga – A flow class with a strong focus on fundamental principles for strength, alignment and movement. It is challenging, but adaptable for anybody ... as yoga is for any BODY!

Sports Stretch Yoga – Dynamic stretching, strength development and techniques of breath control using Hatha Yoga techniques. Improve balance, reduce stress and increase energy.

Vinyasa Flow Yoga – Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga, it is sometimes confused with “power yoga.” Vinyasa classes offer a variety of postures, and no two classes are ever alike.

Yoga+Stretch – This has a strong focus in posture and controlled movement and is meant to leave participants ready to approach the rest of the day with vitality.

YOUTH

Family Yoga – Join our yoga team on select Fridays for an all-ages family-friendly yoga class. It’s a great way to kick off the weekend.

Street Jazz – Did you say TikTok? Break down the most recent TikTok dances and viral videos with Katie A. **Watch for this class to come back in the future.

Strength Circuits – Kristin is NASM Youth Strength certified and has an awesome class geared toward moves your youth can use. From everyday fitness to athletic prep, we’ve got you covered.