



CLASS DESCRIPTIONS

GROUP EXERCISE AND WATER FITNESS

GROUP EXERCISE (LAND) DESCRIPTIONS

Barre—Combines Pilates, dance, and functional fitness training. Incorporated are small, isolated movements to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that includes upper and lower body to make every minute of the circuit count.

Beginner Cycling—New to cycling? This class is the perfect introduction! We'll guide you through basic cycling techniques and proper bike setup while riding to motivating music. You'll learn how to adjust resistance, improve your form, and build endurance at a pace that suits your fitness level. Whether you're brand new to cycling or looking for a quick, low-impact cardio workout, this beginner-friendly class will get you comfortable in the saddle and excited for more!

Beginner Step—Get ready to move and groove in this 30-minute, low-impact cardio class designed just for beginners! We'll break down the basics of step aerobics, helping you master simple patterns while building endurance and coordination. With energizing music and easy-to-follow moves, this class is perfect for those new to fitness or anyone looking for a quick, fun workout. No experience needed—just step up and enjoy!

Bootcamp — You will be tested by performing cardio and strength-building drills using your body weight and other various pieces of equipment.

Cardio Drumming—Cardio Drumming is an action-packed, total body workout that will leave you happy, sweaty, and ready for more! The class utilizes drumsticks to rhythmically hit your drum (stability ball in a bucket) while toning both your upper and lower body and strengthening your core.

Cardio Kickboxing—Get a kick out of this fast-paced class that combines low-impact punches, kicks and combinations to get your heart pumping. The more energy you put into your movements, the more benefits you'll get out of this workout.

Chair Yoga — Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. This is a gentle movement class that is great for beginners and active older adults.

EMOM —“Every Minute On the Minute” 25 minutes and 25 exercises intended to strengthen the entire body, suitable for all fitness levels with modifications (and breaks) taken whenever needed, queue of exercises changed monthly so you can make and see your progress

Express Cardio Drumming — This upbeat, fast-paced, 30-minute class utilizes drumsticks to rhythmically hit your drum (stability ball in a bucket) while toning both your upper and lower body and strengthening your core.

Express Cycling—Short on time but ready to ride? This 30-minute Express Cycling class packs a punch! Get your heart pumping and legs burning with a fast-paced workout designed to maximize your cardio in a shorter time. We'll tackle sprints, climbs, and interval training, all set to motivating music that keeps the energy high. Perfect for those looking for a quick, effective workout that fits into a busy schedule. All fitness levels welcome—let's ride!

Family Bootcamp—Get the whole family moving with this fun and dynamic 45-minute Family Bootcamp! Designed for ages 7 and up, this class combines bodyweight exercises, fun drills, and team challenges that everyone can enjoy together. Whether you're sprinting, jumping, or working on strength, each exercise is adaptable for all fitness levels, making it perfect for both kids and adults. Bond through movement, laugh through challenges, and leave feeling stronger as a family!

Family Cardio Drumming—Bring the whole family to sweat, sculpt, tone, and rock out in this super fun cardio jam session. The class utilizes drumsticks to rhythmically hit your drum (stability ball in a bucket) while toning both your upper and lower body and strengthening your core.

Family Yoga—Unwind and connect with your loved ones in our fun and interactive Family Yoga class! Designed for families with children ages 5 and up, this 45-minute session combines playful poses, breathing exercises, and relaxation techniques that everyone can enjoy. Explore movement together as you strengthen bonds, enhance flexibility, and promote mindfulness in a supportive environment. With engaging activities and creative sequences, Family Yoga is perfect for building confidence and fostering a love for fitness in all ages. Bring your mat and your family spirit—let's flow together!

Family Zumba—The whole family can get in on the dance action during this special class. Children of all ages, along with adults, are invited to participate in a fun-filled family workout.

Guts & Glutes—Ready to fire up your core and sculpt your lower body? This fast-paced 30-minute class targets your abs, obliques, glutes, and legs with a mix of bodyweight exercises, resistance work, and functional movements. Expect to sweat as you tackle high-energy circuits designed to strengthen and tone your midsection and backside. Whether you're looking to build strength, improve endurance, or just feel the burn, Guts & Glutes has got you covered!

H.I.I.T & Core—H.I.I.T. stands for high-intensity interval training and is a training technique in which you give an all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. This class will also have a focus on Core training which will strengthen and condition the core muscles surrounding the middle of the body—the abdomen, hips, pelvis, and lower back. These muscles protect the spine and are responsible for stabilizing and balancing the body during movement.

H.I.I.T Cycling—Ready to push your limits? This 45-minute HIIT Cycling class combines high-intensity interval training with the thrill of cycling for a workout that torches calories and boosts endurance. You'll alternate between short bursts of intense sprints and climbs, followed by brief recovery periods, all set to powerful, motivating music. This class is designed to challenge your cardiovascular system, build strength, and leave you feeling accomplished. Perfect for those looking to level up their ride and push past their limits.

H.I.I.T Step—HIIT step is a style of aerobic step exercise class that takes advantage of the high-intensity benefit of HIIT training. Prepare to get sweaty and burn loads of calories during one of these sessions! With the right variety of exercises and/or use of dumbbells, kettlebells, and more, you may also get in some strength training during your HIIT step class by completing exercises like pushups, plyometrics, and lunges. Modifications will be given as needed. No previous step experience is required.

H.I.I.T Strength Fusion—H.I.I.T. stands for high-intensity interval training, and is a training technique in which you give all-out effort through intense bursts of exercise, followed by short recovery periods. In this class we will combine cardio intervals with strength exercises to add variety! This type of training gets and keeps your heart rate up and burns more fat in less time. High impact and low impact options will be provided to meet you where you are at in your fitness journey!

Hip-Hop Cycling—Indoor Cycling is a class for all fitness levels that uses a unique stationary bicycle in a “group environment” free from weather and traffic. Our cycling classes welcome members of all levels with four unique cycling classes.

Incinerate—This class is the Hammond YMCA's ULTIMATE high-intensity interval training class. Incinerate offers quick bursts of peak effort utilizing cardio and strength segments with even shorter recovery periods. Bring a towel for your sweat and plenty of water! *Recommended for intermediate / advanced athletes

Jump & Pump—Take your workout to the next level with our 30-minute Jump & Pump class! This high-energy HIIT session combines cardio and strength training using jump ropes and weights for a full-body challenge. Get ready for intense Tabata-style rounds, featuring 20 seconds of dynamic exercises followed by 10 seconds of rest. You'll jump, pump, and sweat your way to improved endurance and strength in a fun and motivating atmosphere. Perfect for all fitness levels—join us to jump into fitness!

Mat Pilates—This is a great workout for your core that will lengthen and strengthen your muscles, as well as improve your posture and increase your flexibility.

Muscle Factory—It's time to pop into the Muscle Factory! Building muscles and strength is the focus of this full-body workout using weight plates, barbells, resistance bands, and steps combined with bodyweight and core exercises to create compound and isolation exercises to create a fit and toned appearance. Modifications will be given as needed. No prior experience is required.

Power Hour—This circuit/interval class will keep you challenged with different exercise each week. There will be 3 rows of circuits. Each round will have a cardio, strength & balance/core component and will primarily work the same muscle group.

Power Yoga—Ignite your strength and flexibility with our energizing Power Yoga class! In this 60-minute session, you'll flow through a series of dynamic poses that build strength, improve balance, and enhance your overall endurance. Each movement is synchronized with your breath, encouraging mindfulness and focus as you challenge both body and mind. Suitable for all fitness levels, this class offers modifications to ensure everyone can find their edge. Join us to power up your practice and leave feeling revitalized and empowered.

Restorative Yoga—Restorative yoga is a slower, more restful, more passive approach to yoga that is meant to melt away muscle tension, create space in the body, and alleviate stress. Though rooted in the same discipline with many familiar, fundamental poses as other types of yoga, restorative yoga is less about building strength or working up a sweat than it is about deep mental and physical relaxation.

Rhythm Ride—Feel the beat and ride to the rhythm in this high-energy 45-minute cycling class! In Rhythm Ride, we sync every pedal stroke with the music, combining heart-pumping cardio with fun choreography to keep you moving and motivated. Expect a mix of sprints, climbs, and dance-inspired moves, all set to your favorite tracks. This class is perfect for anyone who loves music-driven workouts and wants to boost endurance, coordination, and have a blast while doing it. Let the rhythm carry you through the ride!

RIPPED—The RIP program uses exercises from traditional strength training & matches movement to music to create a simple, fun, and effective way to strength train. Work a different muscle group with each song!

Senior Strength—Stay strong, active, and independent with this 45-minute Senior Strength class! Designed specifically for older adults, this class focuses on building muscle strength, improving balance, and enhancing mobility through low-impact resistance exercises. Using light weights, resistance bands, and bodyweight moves, you'll improve your overall fitness at a comfortable pace. Perfect for all fitness levels, this class helps you maintain an active lifestyle and keep moving with confidence.

Silver Sneakers BOOM Move—This fun, dance-inspired workout is geared towards active older adults. BOOM Move improves cardio fitness with easy-to-follow moves set to energizing music. Come sweat it to the oldies!

Silver Sneakers Classic—This active older adult workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are recommended.

Silver Sneakers EnerChi—This active older adult workout performs modified tai chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.

Silver Sneakers Stability—This class is suited for active older adults, those new to exercise, and those with mobility restrictions. Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.

Sunrise Bootcamp—An invigorating early morning workout that encompasses a wide range of fitness elements. Experience a dynamic blend of strength training, cardio exercises, muscle endurance drills, flexibility work, core exercises, and functional movement patterns.

Spin & Shred—Get your cardio in on the bike and then build your muscles off the bike in this workout that offers the best of both worlds.

Step & Tone—Burn calories with the step portion of class and use light weights to help you sculpt your muscles during the toning portion.

Strength and Flexibility—This class is suited for active older adults, those new to exercise, and those with mobility restrictions. The class will feature use of body weight, light weights and bands to build strength and incorporate a variety of stretches to improve flexibility. Chairs may be used for additional support. Modifications will be offered.

Tabata—Tabata is a high intensity interval training class using a variety of simple, yet intense exercises. Class begins with a short warm-up followed by a series of 4-minute exercise sequences of 20 seconds of work and 10 seconds of rest.

Vinyasa Yoga—A Vinyasa-style dynamic flow class, with a faster sequence using breath to movement connection. Classes can include Sun Salutations, standing poses, arm balances, core strengthening, backbends, hip openers, and inversions. Modifications will be offered to suit all fitness levels.

Xtreme Hip Hop Step—This high-energy workout blends traditional step aerobics with the rhythm and excitement of hip-hop music and dance. Whether you're a fitness newbie or a seasoned pro, you'll move, groove, and sweat to the beat of the latest hip-hop tracks. Our dynamic routines are easy to follow and designed to keep you motivated, improving your coordination, endurance, and overall fitness. Join us for a heart-pounding cardio session that makes every step count and discover why Xtreme Hip Hop Step is the most exhilarating way to get fit.

Yoga—This class involves gentle movement, static positions and breathing to improve your posture, balance, strength, and flexibility. Modifications will be offered to suit all fitness levels.

Zumba—We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you will see why it is exercise in disguise!

GROUP EXERCISE (WATER) DESCRIPTIONS

Aqua Fitness—Aqua Fitness is an invigorating workout in shallow water designed to promote cardiovascular fitness, muscular strength, endurance, and flexibility. *Beginner friendly!*

Aqua Bootcamp—Get ready to be challenged by the resistance of the water in Aqua Bootcamp! Adults of all ages can benefit from this high intensity, interval workout using resistance equipment for an additional challenge.

Aqua Jog—Aqua Jog (Ages 14+) This Aqua Jog class will help you lose weight, improve fitness and revitalize your workouts with no impact. Adding in the resistance of the water making this a great way to jog or power walk. Optional equipment used in this class are gloves and aqua jog belts. *Beginner friendly!*

Deep Water Fitness—The deep-water aerobics class incorporates a balanced workout including a warm-up, aerobic and anaerobic training, and a cool down. This class practices various strength, toning and flexibility stretches while suspended in deep water. Due to the natural resistance of water, a full body workout can be achieved. Additionally, it is highly recommended that the participant is comfortable swimming in deep water.

Joyful Joints—An aquatic exercise class, formally known as Arthritis class, that encourages movement and working of the joints.