



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kerasotes Group Exercise Class Descriptions

*Schedule subject to change without notification. Classes that routinely have six or less participants will be canceled. Schedule also available on the Y app*

## Classes for all levels

**Ballet Sculpt:** Ever wonder how ballet dancers stay so sleek? This class is designed to sculpt your body like a ballerina. By using ballet moves to shape your physique and tone your entire body.

**JFitHip-Hop:** JFit Hip Hop provides a creative and unforgettable aerobic experience that impacts the body, mind and soul by fusing hip hop dance with the science of inner core strengthening.

**Pilates Yoga:** This is a yoga-based body strengthening class that focuses first on strengthening the core muscles that surround and support the spine, and then we progress to the extremities. Every exercise is accompanied by yoga-based stretches to warm up and stretch out the muscles being exercised.

**Power Pump:** Challenge yourself with this high intensity body strengthening class that uses barbells, hand weights and resistance bands to increase your strength and condition your body. Use this class to create a leaner, meaner you.

**Toning Lite:** Uses light weights and a variety of different types of tools for toning for beginners. **Yoga:** A fitness-based yoga class blending the Astanga and Vinyasa styles of Hatha Yoga to form a class to increase your sense of well-being and your ability to handle stress. Improve your breathing techniques and relax

more by practicing the ancient art of yoga.

**WERQ:** WERQ™ is the fiercely fun dance fitness format based on pop, rock, and hip hop music and easy to follow, high-energy dance steps.

**Zumba:** Zumba is a fusion of Latin and international music with dance themes to create a dynamic, exciting fitness program.

### Low Intensity Classes

**SilverSneakers Basic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers Yoga:** This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Yoga:** A fitness-based yoga class blending the Astanga and Vinyasa styles of Hatha Yoga to form a class to increase your sense of well-being and your ability to handle stress. Improve your breathing techniques and relax more by practicing the ancient art of yoga.

**Zumba Gold:** Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

## Medium Intensity Classes

**Body Conditioning:** Never the same class twice! This class incorporates power intervals and plyometric moves. This class is for experienced exercisers looking for a challenge.

**R.I.P.P.E.D.:** Stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet. It's a workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's a combination that drives up your endurance and gets your body moving.

**Step Blast:** This class provides a complete aerobics program combining all the fun cardiovascular benefits of aerobics with an excellent muscle-forming workout for buttocks, thighs, and calves.

**Weights on Ball:** Weights on Ball allows you to incorporate weights while engaging your core. This is a great way to strengthen your mid-section while toning the rest of your body.

**Ycycling:** An energetic, instructor led, vigorous cycling class designed to challenge you with a high-intensity cardio workout.

**Strong by Zumba:** In all other workouts, music is just an

afterthought and chosen independently of the moves and structure of the class. In a STRONG by Zumba class, music is the key element. First, we develop moves to drive specific results, then we reverse engineer and craft music to match every single move. The result is a revolutionary, perfectly synced workout that increases your motivation and allows you to push farther to achieve better results. STRONG by Zumba is also characterized by a unique system of progression. The class is built into 4 quadrants that build in intensity for ultimate results.

## High Intensity Classes

**Body Shave:** Based on Jillian Michaels' workout technique, this is a 30-minute, high-intensity class, consisting of 3 minutes of weights, 2 minutes of cardio and 1 minute of core work in a circuit routine. Each class has different exercises to keep your body guessing. You will be more fit and learn in no time!

**Bootcamp:** This fitness class is for those who are at a high level of fitness and would like an extra challenge. It is a 60 minute class designed to push participants past their endurance level by using football and military style drills, martial arts and weight training work.

**Kettlebells & Ropes:** This one hour class will be split into 2, 30 minute workouts consisting of kettlebells and heavy ropes. Both workouts will get your heart

pumping, while building muscle, the perfect combination for a good workout!

**Power Yoga:** Power yoga begins with three to six sun salutations to warm the body and prepare for deeper poses. From there, the practice moves to the floor to work the back, abdominals, shoulders and hips. The final phase of the practice incorporates seated forward bends, seated twists, supine twists and ends in a final relaxation and meditation.

**Strength:** This class uses a variety of unique movements to improve one's mobility, functional strength, body sensitivity, speed, power and agility.

**Ultimate Workout:** Train and condition both your anaerobic and aerobic energy systems. This high-intensity class utilizes stations with both cardio and strength training workouts. This is a very strenuous class and is for participants who can exercise 20-30 minutes at 75-85% of their estimated maximum heart rate.

PLEASE NOTE THAT SOMETIMES, WEATHER PERMITTING, THIS CLASS DOES GO OUTSIDE

## Family Classes

**Family WERQ & Family Zumba:** Each of these classes is similar to the adult version but designed for families to support stability, build confidence, work with developing motor skills. Parents must participate with children in these classes.7