

## **METROWEST Y: GROUP EXERCISE CLASS DESCRIPTIONS**

**BollyX®**—A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its cardio workout with high and low intensity dance sequences to get you moving, sweating, and smiling.

**Bootcamp**—Body weight exercises, interval training, functional movements and agility drills. Use different equipment to challenge, inspire, and motivate participants. Can be modified for all fitness levels.

**Chair Yoga**—Yoga practice that modifies yoga poses so they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand, lack the mobility to move easily from standing to seated to laying positions.

**Core Fusion:** Strengthen and lengthen your muscles, improve posture and balance, and prepare your body for everyday life! Using squishy balls, weighted bars, light weights and gliding discs. Inspired from Pilates & Barre. For all bodies!

**Essentrics®**— A dynamic, full body workout suitable for all fitness levels, movement combining stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body.

**FT (paid class)**—A fun, energetic high intensity interval training class. The progressive programming will improve your endurance, strength, and power throughout total body exercises making you FiT.

**Gentle Yoga**—Gentle strengthening yoga postures to increase strength, balance and flexibility. Breathing techniques for better focus will be incorporated.

**Group Active**—Get all the training you need in one hour— cardio, strength, balance, and flexibility. Get stronger and healthier with inspiring music, adjustable dumbbells, weighted plates, body weight and simple athletic movements.

**Group Fight**— A gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

**Group Power**— Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

**Pilates**— Controlled movements focusing on the core muscles to increase total body strength and flexibility. Pilates can be standing and floor exercises.

**Piloxing**— Fusion workout blending Pilates, boxing, and dance.

**Power Yoga/ Yoga Strength**— Yoga postures with quicker movements while synchronizing breath with each movement. More challenging postures as the session progresses.

**Senior Fitness**—Low impact aerobics followed by muscle conditioning, flexibility and balance using bands, balls, gliders and more to work the fine motor skills.

**Tai Chi for Better Balance**—Uses the most beneficial practices from Tai Chi and other related arts, to improve balance, reduce stress, reduce fear, and improve vitality. Help restore natural posture, breathing, become stronger and improve vigor.

**TRX**— Suspension training using straps to improve strength, endurance, balance, coordination, flexibility

**Yoga Shred Inspired Flow** - A blend of Yoga with HIIT (High Intensity Interval Training). Yoga helps the body cleanse itself, builds endurance, strength, flexibility, balance, and peacefulness. HIIT is a technique you give all-out effort through quick, intense bursts of exercise followed by short recovery periods; increasing your metabolism; burning more calories in less time.

**Zumba®**—Latin and international upbeat fun music with dance rhythms from slow to face paced. Zumba toning adds slower rhythms and body movements to increase strength. Zumba for Seniors is a slower paced class.

## **METROWEST Y: GROUP EXERCISE POLICIES**

- 1) We recommend you reserve a spot for classes using MotionVibe. Reserving a spot, guarantees you a spot for class at the START OF CLASS. It does not guarantee you a spot if you are late. At the start of class, anyone who isn't present forfeits their spot to a waitlist participant if the waitlist participant is present and ready to take the class on-time.
- 2) To run the entirety of a class, must be a minimum of 2 participants.
- 3) Do arrive to class within the first 10 minutes of class. Do wear appropriate footwear for the class you are taking.
- 4) AGES: open to anyone over the age of 7 WITH a parent/ guardian present. Must be 12 years old to attend a class solo.