



# SOUTH AMBOY YMCA GROUP EXERCISE CLASS DESCRIPTIONS

## GROUP CYCLING

Be ready to get your sweat on! We'll motivate and guide you on a high energy indoor ride! You can work at your own individualized level by adjusting the tension on the bike. Limited to 10 participants per class.

## ZUMBA®

Come join our party! Perfect for everybody and every body! *Zumba*® class mixes low and high intensity dance moves for an interval-style, calorie-burning dance fitness party to Latin and International beats.

## YOGA

\*\* Build a strong body, mind, & spirit. This class incorporates poses and breathing exercises to improve posture, flexibility, balance, and energy levels. Please bring your own yoga mat and yoga blocks if you require them.

## FIT FOR LIFE

\*\* Increase your cardiovascular endurance, muscle strength, and flexibility in a class designed to allow participants to establish their own goals so that people of all ages & fitness levels are welcome.

## CHAIR YOGA

A gentle form of yoga that is practiced sitting on a chair or standing using a chair to help those with mobility issues. It helps to stimulate physical and mental well being by reducing stress and improving mental clarity, flexibility and strength.

**\*\* Bring your own yoga or exercise mat.**