

**THE LEWISBURG YMCA AT THE MILLER CENTER**  
**GROUP EXERCISE CLASS DESCRIPTIONS**



**Chair Yoga:** Participants use a chair as a prop during a variety of seated and standing postures, gaining many benefits of yoga WITHOUT getting up or down to the floor. Class ends with deep relaxation, breathing practice and silence.

**Classical Yoga:** This well-rounded class includes sprinkles of yoga philosophy for reflection, postures, deep relaxation, breathing, and meditation. Postures in this class are sometimes held for several breaths with attention to detail.

**Cycle:** An indoor cycling class that utilizes bikes designed to simulate road bikes. Pedal through hill climbs, sprints, and many other challenging drills and exercises. If it's your first class, come early so the instructor can help set up your bike.

**Pilates:** A system of physical and mental exercises that incorporate the key principles of breath, concentration, control, center, flow, and precision. Pilates increases physical and mental strength, coordination, and flexibility.

**PiYo® LIVE:** Your body is the only equipment you need! This program uses a dynamic sequence of moves in a nonstop flow that build strength, flexibility, and long, lean muscles while torching calories.

**POUND®:** A full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements using lightly weighted drumsticks engineered specifically for exercising

**Pure Strength:** Strength training utilizing different lifting techniques, rep/weight ranges, and equipment. Class may consist of pyramid schemes with rep/weight changes with a few strength moves alternating, or a traditional style weight lifting class.

**Step:** A full body cardio workout using a stationary step and risers.

**STRONG®:** STRONG® combines body weight, muscle conditioning, cardio and plyometric training moves synced music that has been specifically designed to match every single move. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

**Warrior Ride:** An indoor cycling class designed to help you unleash your inner warrior. Ride through a super sprint - series of high energy, high intensity intervals on the bike, each track of music specifically designed to challenge you in different ways.

**Warrior Workout:** Designed to build strength and fitness through intense group intervals. Every class varies in exercises that can include bodyweight, upper body, lower body, cardio, core and more. Push out of your comfort zone.

**Zumba®:** Perfect for everybody! We take the work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness part. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.