



Lewisburg YMCA Express Class Descriptions

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LesMills BODYATTACK - A high-energy, athletically challenging, calorie-consuming workout that pushes you with strong, simple moves and pumping music. This workout is guaranteed to take no prisoners.

LesMills BODYCOMBAT - High-energy, non-contact martial arts-inspired workout. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Punch and kick your way to stress release, have a blast and feel like a champ.

LesMills BODYFLOW - Yoga, Tai Chi, & Pilates combine to build flexibility and strength. Controlled breathing and a structured series of stretches, moves and poses create a holistic workout that promotes harmony and balance.

LesMills BODYPUMP - BodyPump instructors coach their members in the use of light to moderate weights with lots of repetition for a total body workout that builds tone and strengthens all major muscle groups.

LesMills BODYSTEP - BodyStep takes a height-adjustable step and structures simple movements on, over and around the step for total body conditioning that pushes fat burning systems into high gear.

LesMills CXWORX - CXWorx is the path to a tight and toned core. Its dynamic training hones in on abs, glutes, obliques and "slings" connecting the upper and lower body, and leaves you looking and feeling good.

LesMills RPM - Take the ultimate ride! Incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride.

LesMills GRIT - Add High Intensity Interval Training to your routine with three unique Les Mills Grit workouts and take your fitness to the next level. GRIT will cycle through 3 specialities; strength-weight training, Plyometric-power, and cardio-speed workouts.

PiYo LIVE! - A fun, challenging class fusing Pilates and Yoga. Burn calories, tone muscles, work on balance and get a great stretch!

SilverSneakers® - CIRCUIT Have fun while increasing cardiovascular and muscular endurance with a standing circuit workout. CIRCUIT alternates hand weights, resistance tubing, and a squeeze ball with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® CLASSIC (MSROM – Muscular Strength & Range of Movement) This class offers something for everyone, regardless of fitness level. Using hand weights, a resistance band, and a squeeze ball, your instructor guides you through exercises that can help improve overall strength, flexibility, and balance. A chair is available for seated and/or standing support, stretching and relaxation.

SilverSneakers® Yoga - Moves the body through senior-friendly yoga poses. Participants use a chair 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 promote stress reduction and mental clarity.

TABATA CIRCUIT - This multi-station workout focuses on using weights, cardio, abs and whole body movements in 20-second intervals. This get-in-shape class will tone the entire body while blasting fat and calories.

YOGA - A Vinyasa flow workout without all the joint stress of a step or aerobics class. Learn new yoga positions and challenge your body's flexibility, strength and balance. Enjoy the calm and relaxing effect of focused breathing. This is not a progressive class; all fitness levels are welcome.

YOUTH SPORT FITNESS TRAINING - This 6-week program is designed to build strength, agility, coordination, power, speed and reaction time for high school students, whether they are new to fitness or are student athletes looking to maintain or improve off-season conditioning.

ZUMBA® FITNESS - Fuses Latin and world rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away.