



Sunbury YMCA Class Descriptions



Les Mills:

Body Pump™ - BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

Boot Camp - Super charged, full-body workouts that target the major muscle groups of the upper & lower body & core that are designed to make you sweat! Circuit-style workouts that include cardio fitness, strength training and core exercises. Class is for ALL fitness levels - modifications will be offered.

Cybox® Circuit Training – A total body workout circuit style. This class offers stations of cardio, strength, plyometric and core training focus. This class is for ALL fitness levels – modifications will be offered.

Cycling – This is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel & water bottle!

Fitness Fusion - A fat burning calorie blasting mix of different cardio styles (low impact/high impact/step/kickbox/etc) and weight training geared toward getting you in shape and conditioning your body to carry out daily activities safely and efficiently. A variety of equipment will be used, steps, balls, weights, tubes, bands etc. Can be modified for all levels of fitness.

KickBoxing - Learn technical striking with punches, kicks, knees and elbows using a combination of western boxing and Muay Thai which is a form of kickboxing. The class is taught by Eric Sanders who has 16 years of Muay Thai training and 2 amateur national kickboxing title.

P90X® LIVE® - Power through full-body strength training, cardio drills, and core work as a team to challenge and change your body!

STRONG by Zumba™ - STRONG by ZUMBA™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Totally Tabata – Increase cardiovascular fitness and strength with short intervals based on Tabata training. This workout will deliver a calorie torching workout! Strengthen your core at the end with a super charged core workout! All fitness levels are welcome – modifications will be offered!

Turbo Kick™ - A cardio kickboxing and body-sculpting dance class that is choreographed to the hottest music mixes!

UrbanKick® - an innovative, exciting & athletic format that blends sports conditioning with kickboxing. UrbanKick® incorporates cardiovascular training, metabolic boosting, H.I.I.T. training and body-weight strength training for a unique and total body workout. Constantly challenge your body to develop strength, agility, flexibility and balance.

Ultimate Interval Training - This class will maximize your time and results by combining several different types of interval training to build cardiovascular endurance and strength using body weight exercises, plyometrics, and more! You will never be bored with this intense format that can be modified for all ages and fitness levels.

Zumba® - Zumba® fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do for all ages!

Barre - Ballet & dance technique, yoga poses, functional strength exercises, and cardiovascular training that improves total body strength. Improve muscular endurance by focusing on tiny movements, a high number of repetitions, & isometric contractions. Participants will improve posture, mobility & flexibility, stability & balance, cardiovascular function, and muscular endurance for a cross training experience.

Pilates – Improve physical strength, flexibility, posture and strengthen your core muscles. Most exercises in this class are on the floor with a mat. The fitball and light weights are integrated throughout the workout. Wear comfortable clothes and be prepared to take off your shoes. All fitness levels welcome!

PiYo LIVE® - A fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles

Stretch & Core - Burn calories while stretching, toning muscles, strengthening the core and improving balance.

PiYo LIVE® - A fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout!

Yoga - a flowing, dynamic sequence of poses that involves synchronizing the breath with a continuous flow of postures. Suitable for all levels.

Senior Cybox® Circuit Training – A total body workout circuit style suited for all fitness levels. This class offers stations of cardio, strength, plyometric and core training focus. This class is for ALL fitness levels – modifications will be offered.

Shimmy & Shake Dance Fitness – Fun, upbeat dance class that suits the needs of active older participants, as well as those just starting their journey to a fit and healthy lifestyle. It is a fun, friendly dance-fitness class

SilverSneakers® Classic - 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® Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers® Yoga - 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..

ZUMBA® Gold - Easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.