

## Kings Mountain Family YMCA Class Descriptions

**\*Aqua Aerobics:**(Lap swimmers will be welcomed at this time as well as it is the only time we are able to staff lifeguards) A low impact cardio workout that will burn the calories and is loads of fun! Water shoes are

**\*Body Sculpt:** tone and sculpt your body into everything you want it to be...no surgery or scars required! This class, for all levels, will take you through a fresh toning a tightening workout every week.

**\*Extreme Cycle:** This is the class you've been looking for! This class can burn up from 500 to 1000 calories depending on the level YOU choose. A tough class, but a fun one. You'll burn off the extra pounds before you realize it! Intermediate to Advanced Levels (must sign up for this class up to 24 hours in advance-seats go fast!)

**FLEX:** Pump your body to the max with barbell weights and non stop synergy to keep your heart pumping for maximum fat burning and muscle toning all in one workout! Intermediate to advanced levels.

**\*Pedal and Pump:** A combination of Cycle and strength/endurance exercise for a total body workout. All levels (Please sign-up for this class at the Welcome Center up to 24 hours in advance.)

**\*Pilates:** FitCore Pilates. Certified Pilates instructors take you through the Pilates moves with variations for more advanced moves as you increase your strength. Pilates exercises concentrate on core conditioning by using it for balance as other muscles are strengthened and lengthened in the process. All levels



**\*The Silver Sneakers** A very low impact workout designed to improve cardiovascular condition in addition to muscular endurance. Standing and sitting, all levels are welcomed.

**\*Tone Zone:** Get in the zone as you tone, sculpt, and condition your way to a better you. Cardio segments may be added with this class. All levels

**\*Turbo Kick®:** The hottest Kickboxing class around! TK combines athletic moves, sports drills, hip hop flavor and so much more! Come take your kickboxing to the next level with our TURBO KICK certified trainers!

**WOSAA -** Weights Or Sports And Athletic Conditioning- BE PREPARED FOR ANYTHING! This class will keep your body guessing in order to keep your body changing! Fun for everyone!

**\*XPRESS CARDIO:** Don't Have time for a long cardiovascular workout? Here is the perfect class to get your cardio workout in 45 minutes. You'll burn calories, reach fitness goals and have FUN! All levels.

**\*Yoga:** From mind to body to spirit, this class works you like no other. Strength training using core stabilizers, you will walk away feeling more flexible and stronger all around! All levels



**\*ZUMBA** Shake it up and sweat it out in this fun, high-energy class that includes various dance and cultural influences. One of the hottest trends in fitness today! Taught by level II Zumba® Instructor. All levels.