



Class Descriptions

J Smith Young YMCA

119 West 3rd Avenue
Lexington, NC 27292
(336) 249-2177

Barre - Barre incorporates ballet, pilates, and yoga into one class. A high intensity, yet low impact workout will burn, tone, and tighten every part of your body. The focus is on strengthening, lengthening and toning your muscles and increasing flexibility.

Basic Yochi - Yo-Chi basic is a fusion class that provides benefits in stability and mobility by combining the two oldest mind body programs. Doing these disciplines together can increase overall wellness. Basic Yo-Chi is a modified version and a chair is used.

Beginner Cycle - This is a great cardio workout for the beginner or the older active adult. Take this class in order to learn indoor cycling techniques or on a regular basis and watch your cardio performance increase!

Beginner Yoga - Experience balance and harmony through a slow and mindful practice designed to release tension, reduce stress, and promote relaxation. This class places an emphasis on detail, precision and alignment in the performance of posture and breath control.

Body Blast - Burn fat and tone your body in this interval class which includes cardio, strength and core conditioning. A combination of exercises using equipment and body weight exercises will keep your heart pounding while strengthening all major muscle groups.

Bodyshred™ - JILLIAN MICHAELS BODYSHRED™ is a high intensity and endurance based 30 minute workout. Utilizing Jillian's 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.

Boomer Cross Training - Boomer Cross Training targets the Baby Boomer generation at a fitness level that includes medium intensity exercises. It combines cardiovascular exercises to raise your heart rate and resistance exercises to strengthen and tone muscles.

Boxing Conditioning - Boxing is one the best workouts to develop strength, coordination, and cardio. In training national level athletes, Mr. Caudill has broken the basics of Boxing training down to be beneficial for all skill levels of participant in this beginner class.

Boxing Fitness Circuit - This class is a non-contact, high intensity, interval training regime that uses boxing fundamentals to increase speed and strength. Traditional boxing exercises are used including mitts, heavy bag, double end bag, and partner work.

Cardio Sculpt Fusion - Enjoy the best of both worlds! Various cardio formats are combined with sculpting exercises to maximize your efforts in this 55 minute class!

Cario Barre - High-energy, free style, total body workout that incorporates elements of Barre and Pilates. Challenging isometric movements and cardio training will be used to strengthen the total body.

Chair Yoga - This is a relaxing chair based class focusing on improving breathing, flexibility and joint mobility.

Cycle/Core: - This 70 minute class is formatted to give participants the best of both worlds, 45 minutes of cycling followed by 15 minutes of core work.

HIIT - High Intensity Interval Training: This workout alternates between intense bursts of activity and fixed periods of less-intense activity or rest. You will constantly challenge your body and avoid plateauing with this flexible, ever-changing workout.

INSANITY® LIVE - INSANITY® LIVE is challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow—but the workout WILL challenge you, and change your body!

Meditation - Learn mindfulness techniques to promote inner calm, wisdom, awareness and joy for a happier, healthier you. Meditation is effective for stress reduction and pain management. Beginners are welcome!

Metabolic Mix - Use dumbbells, suspension trainers, compound exercises and body weight exercises to get a full body workout in 40 Minutes. If you are short on time and looking for a high calorie burn, this is the class for you! Modifiable for all fitness levels.

Pilates - Move through your day with symmetry and grace. This body conditioning routine helps to build core strength as well as flexibility. Breathing control and core strengthening exercises restore balance and improve posture and body alignment.

Pound - Designed for all fitness levels, POUND® uses Ripstix®, lightly weighted drumsticks engineered specifically for exercising, to transform drumming into an incredibly effective way of working out.

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Power Cycle - Control your own pace and get a great cardio workout focusing on endurance, strength, intervals, high intensity and recovery while using proper alignment and cycling techniques.

Powercut - Full-body strength training class that shapes and tones your body using hand weights, exercise balls, body weight, and more!

Rep Reebok - Build muscular strength and endurance in this choreographed strength training class. Training focus rotates through endurance, strength and power formats to create a class that eliminates strength plateaus.

Silver Sneakers® @ Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and improve activities for daily living.

Silver Sneakers® Circuit - Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support but this class requires the participant to stand for the majority of the class

Tabata - Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times for 5 rounds with various exercises. These bursts of intense work will torch calories and strengthen your entire body.

TRX Circuit - TRX Cardio Circuit: Get your blood pumping with this TRX circuit class that will utilize other equipment along with the suspension trainers to obtain maximum anaerobic results. There will be sweat!

TRX Zen - Stretching, strengthening, balance, breathing and meditation are integrated using the TRX suspension trainer. Controlled breathing, concentration, and a carefully structured series of movement brings the body into a state of harmony and balance.

Y-Fit - Push yourself to the limit in this strength and conditioning class that combines weights, sprinting, plyometric training, and much more.

Yoga - Relax and strengthen your body in this non-impact total body class focused on flexibility, strength, coordination and balance. Participants will move through various Yoga poses in order to build strength and flexibility.

Yoga/Pilates - Please see the description for Yoga or Pilates. This class rotates on Saturdays between Yoga with Whitney and Pilates with Jill.

Zumba Lite n Low - Dance away to Latin tunes in this fun class designed for the active older adult, the true beginner and people that may have physical limitations.

Zumba® - This fun filled hi-lo impact cardio class combines Latin moves, hip hop, funk and belly dancing! This class is for all levels of dance and fitness ability.