

Kirkwood-Webster YMCA

Free Class Descriptions

Cardio Classes

Simple Step – Learn the basic step moves in this easy to follow, fun class intended for the beginner.

Super Step – Now that you have the basics, have fun learning new patterns in this quicker paced class. Get the high energy and challenging choreography in this intense workout that will increase your cardiovascular and muscle endurance.

Cardio – a low impact, easy to follow workout designed to increase cardiovascular endurance.

Cardio Boost– More challenging, high intensity version of great cardio combos with lots of variety offering a great cardiovascular workout.

Cardio Kickboxing – Traditional Aerobics meets kickboxing techniques building your agility and endurance.

Zumba – The ultimate dance-fitness party set to Latin and world rhythms. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Zumba Gold – Easy to follow Zumba class that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance fitness class that has moves and pacing for older adults.

TABATA – High intensity interval, 20 sec on, 10 sec off for 4 minutes. Burn high calories in 60 min and improve toning and cardio endurance.

R.I.P.P.E.D. – total body workout, utilizing resistance and cardio training, which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet, to help you attain and maintain your physique in ways that are fun, safe doable and extremely effective.

POUND – is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Kickboxing – Learn the basics of Kickboxing, class will increase cardiovascular endurance and strength. Pair up with gloves and mitts for 3 minute rounds of intense work in an easy to understand format. Boxing gloves required.

Cycling – Suitable for any rider, or those who choose to work at a steady pace

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Silver Sneakers 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.

Combination classes

Step and Sculpt – This class will combine challenging step choreography along with sculpt and stretch to increase your cardiovascular/muscular endurance and flexibility

Cycle Fusion – combination of cycling and other disciplines such as yoga, pilates, or strength training

Insanity – A cardio based total body-conditioning, high intensity workout

Pilates Fusion – Fusion class blends Pilates with dynamic stretches and yoga to gain noticeable strength, balance and flexibility results

Circuit Training – This class will kick you in gear by rotating you through multiple muscular endurance and cardio endurance stations. Intensity increases with each completed circuit, so prepare for a challenge.

Strength Classes

Y-Pump – using barbells, sculpt, tone and strengthen your entire body fast

Y-Strength – a muscle toning class that is a mix of endurance and strength designed to strengthen, define and tone both large and small muscle groups.

Exerball – This class primarily uses the Stability ball but will incorporate other tools such as medicine balls, small pilates balls and hand weights

Ballet Sculpt – combines classical ballet exercises using body weight for resistance. Develops muscular endurance, dynamic balance, flexibility and core strength.

Silver Sneakers 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 Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Mind/Body Classes

Tai Chi – Slow progression encouraging balance and harmony in your mind, body and spirit. A sequence of movements that combines meditation and tranquility.

Yoga – This class will help you build strength, improve posture, flexibility and balance through combinations of breathing and postures.

Power Yoga – A more intense workout that incorporates more challenging techniques and holds.

Prenatal Yoga – Relax, stretch and reduce stress in this yoga class designed specifically for mothers-to-be.

Pilates – A complete body conditioning class that uses the “Power House” muscles of abdomen, lower back, hips and glutes, while lengthening the muscles.

PiYo Live – the very best Pilates and Yoga inspired moves and cranked up speed to give you full-throttle cardio, strength and flexibility training – all at once. PiYo packs it all into each workout so you can build lean muscle mass-as you are burning crazy calories.

Yogalates – combination of Yoga poses and Pilates to enhance core strength and flexibility.

Y-Stretch – stretch and flex those sore, tired or aching muscles. Your body will love you!

Silver Sneakers Yoga – Move your body through a complete series of standing and seated yoga poses. Designed to increase flexibility, balance and range of movement.

Additional Senior Classes & Activities

Chair Yoga – Designed especially for Active Older Adults, this chair-based class uses Yoga postures to increase flexibility and reduce stress.

Line Dancing- Join us and learn the basic steps to several line dances. It's fun, there is great camaraderie among the seniors, and you don't need a partner.

Bridge Group-Are you an experienced bridge player? Join our group every Tuesday to play bridge.