

Health & Well-Being Class Descriptions

- **AOA CARDIO/STRENGTH:** gym and weight room workout for seniors; heart/lung conditioning and muscle strengthening; supportive, social environment for group interaction.
- **GROUP CYCLING:** high energy cardiovascular workout to music on stationary indoor cycles
- **STEP:** lower impact workout with moderately challenging choreography
- **PILATES MATWORK:** advanced class to increase core strength, flexibility and improve posture.
- **POWER FLEX:** variable free-weight barbell class combining muscular endurance exercise with music; easy to learn movements
- **STRICTLY STRENGTH:** weight room machine workout for muscle strengthening; training techniques vary weekly
- **TAEKWON DO:** martial arts program for youth and adults; self-defense tactics and implementation of the five tenets of courtesy, integrity, self-control, indomitable spirit and perseverance are taught
- **M&M TAEKWON DO:** This class is for the young children and emphasizes basic tae kwon do skills and personal responsibility
- **HEALTHY BACK WORKSHOP:** free to the community; 3 hour preventative workshop in which Y Healthy Back exercises are taught and practiced
- **YOGA:** balances strength with flexibility and results in muscle toning, increased oxygenation to working muscles and a holistic approach to fitness.
- **GENTLE YOGA:** focuses on breathing, relaxation techniques & deep stretching.
- **30-MINUTE STRENGTH EXPRESS:** a quick strength circuit with a BOSU strength /balance challenge between machines
- **FOX TROT/RUMBA/WALTZ:** learn basic Fox Trot, Rumba and Waltz dance moves.
- **Y PERSONAL FITNESS:** designed for the Health Seeker population; small class setting; teaches how to overcome barriers to exercise, get started comfortably and maintain an active healthy lifestyle
- **ZUMBA:** an interval class using international dance and aerobic moves that are FUN and EASY TO DO.
- **PRE-H.S. STRENGTH TRAINING:** 5TH –8TH grade strength class using weight stack machines.
- **CORE TRAINING AND STRETCH:** combination of Pilates and traditional abdominal exercises with stretching segment
- **CAN DO CARDIO SMORGASBORD:** lower intensity workout with a variety of aerobic activities offered throughout the session
- **WOMEN ON WEIGHTS:** different training techniques and aerobic moves mixed into an all female class
- **ACTIVATE SHERIDAN CENTER:** private and comfortable workout area with both strength and aerobic equipment for Health Seekers
- **ACTION ZONE:** includes a wide variety of supervised activities with a focus on exercise in a non-competitive environment

CLASS LOCATION KEY

(SC) = Strength Circuit Room

(AG) = Aerobic Gym

(MBC) = Mind Body Center

(ASC) = Activate Sheridan Center

(MPR) = Multi-purpose Room

(G3) = Gym 3