



CLASS DESCRIPTIONS

Active Older Adult

Cardio Dance 101: Get your feet moving & your heart pumping to a mix of great tunes from Top 40 hits, Country, Latin, Pop, Reggae, and more!

Chair Balance and Stretch: Improve strength and flexibility using a chair.

Chair Yoga: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Enhance® Fitness: Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and functional movement for daily living. Hand-held weights, elastic tubing with handles, and balls are used for resistance training which can take place either in a chair and/or standing.

Functional Fitness: A motivating way to get fit while having fun with low impact moves set to music from the 70's-mid 2000's music era. A great way to get your metabolism, agility, and balance to a new level. Great for the those seeking an effective low impact cardio workout.

Gold Fit: A circuit class designed for the beginner or young at heart. A full body workout that is focused on total functional movement ranging from balance to cardio required for an active lifestyle.

Hinges & Twinges: An aquatic program taught at a lower intensity level that is geared towards active older adults. This class highlights a variety of exercises, and its purpose is to reduce pain and stiffness while increasing range of motion of the joints.

Low Impact: Enjoy cardio and resistance training in a low-impact environment where the instructor combines fitness with fun activities. This total body workout is designed for anyone young at heart and who enjoys a little laughter along the way.

Retro Cardio: A motivating way to get fit while having fun with low impact moves set to music from the 70's-mid 2000's music era. Great way to get your metabolism, agility, and balance to a new level. Great for the those seeking an effective low impact cardio workout.

Senior Fit: Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and functional movement for daily living. Hand-held weights, elastic tubing with handles, and balls are used for resistance training which can take place either in a chair and/or standing.

Senior Power Yoga: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Silver Sneakers: 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.

Walk for Fitness: Low impact walking to music using the body to build endurance, flexibility, and balance.

Zumba® Gold: Zumba® for the young at heart or the beginner. This Latin-based dance workout is fun and easy to follow. Dance your way to fitness!



CLASS DESCRIPTIONS

Aqua

Aqua Aerobics: This aerobically challenging class highlights a variety of exercises designed to get the heart pumping while using a combination of aquatic equipment for strength and toning.

Aqua Boot Camp: This is a high intensity, fun and energetic water workout designed like no other!

Aqua Jog: A no-impact deep water class. Participants wear aqua belts while participating in exercises that promote cardiovascular endurance and strength.

Aqua Mix: A rotation between Aqua Tabata and Aqua Aerobics.

Aqua Power Up: This aerobically intensive class not only raises your heart rate for a great cardiovascular workout, but also includes stretching and toning for all muscle groups.

Aqua Tabata: A moderate to high-intensity interval training class in the water. Participants use maximal effort for 20 seconds and active recovery for 10 seconds for 8 rounds. This class is set so you can work at YOUR own maximum effort, so all levels can benefit.

Aqua Toning: A water aerobics class designed to improve muscle tone throughout your body while having a great time.

Aqua Volleyball: Volleyball taken to the pool - this fun and playful workout is just what it sounds like - you can jump, dive, dig, and set your way into a very community oriented self-paced workout.

Aqua Zumba®: A low-impact, high-energy aquatic exercise class. This class is designed to work at your level of fitness.

Hydro Box: Experience the BEST of cardio and strength! Hydrobox crosses generations with choreography that features an edgy kickboxing flavor. Enjoy this high energy water class suited for all fitness levels.

Power UP: This aerobically intense water class provides a great cardio workout that includes stretching and toning for all muscle groups. This class has more impact than the basic aqua aerobics class.

WATERinMOTION®: WATERinMOTION® is an exciting workout that combines cardio training with muscle toning in the massaging environment of the pool. Amazing music, fantastic teachers and outstanding aquatic choreography make anyone, of any age or fitness level, ready to make a splash!



CLASS DESCRIPTIONS

Cardio

Cardio Blast: A mixture of cardio and strength with an emphasis on cardio. This class uses intervals that effectively tone and strengthen your entire body.

HIGH Fitness: HIGH Fitness is a ZERO equipment, full body workout that has been shown to improve overall endurance, stamina, strength, and cardiovascular health. A combination of aerobic and anaerobic training, complemented by active recovery tracks, makes this format an extremely effective and efficient form of training. Beyond the workout, HIGH Fitness brings fun, fabulous music, and a community like no other – connection, support, and inclusion reap their own benefits on both the mind and body!

HIIT: An enhanced form of interval training. This exercise strategy alternates periods of short intense intervals with less-intense recovery periods. These short, intense workouts provide improved athletic capacity and condition.

Kickboxing: Uses a variety of equipment to build stamina, muscle endurance, and strength. Great for all levels.

Tabata: One of the most popular forms of High Intensity Interval Training (HIIT). Tabata consists of eight rounds of high intensity exercises in 20 seconds-on, 10 seconds-off intervals.



CLASS DESCRIPTIONS

Cycle

Cycle: A group exercise class done on special stationary bikes. During the class, the instructor simulates an outdoor ride. Travel on flat roads, climb hills, sprint, and race! A great cardio workout for all levels.

Cycle & Circuit Training: An indoor cycle class with circuit training added.

Cycle 101: Cycle 101 is designed as an introductory informational session for anyone looking to take a cycling class. You will learn the fundamentals of cycling including: bike set-up, basic information, and tips for success. You will even enjoy a couple of songs showcasing our unique formats with one of our Cycle Certified Coaches. Please wear fitness attire and not loose fitting clothes, bring water. Cycling shoes are not required. Youth ages 12-15 must complete this prior to attending a Cycle class.

Cycle Express: This incredible, fast-paced, quick 30-minute class is designed to fit your schedule and push your limits. All levels welcome as you control your own intensity during the class.

Cycle Together: Cycle Together® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON!

Pedaling for Parkinson's: Join this fun, research-based class designed specifically for individuals with Parkinson's. You will learn the basics of cycling while working to get your heart rate up and reduce symptoms of PD! This class is led by instructors who have special training to work with individuals with Parkinson's. Prior to attending, participants must meet with the Health Equity Director, Molly Miller (mmiller@ymcatulsa.org, 918-728-3934). Please complete this form to schedule: <https://form.jotform.com/TulsaYMCA/communityhealthinterest>



CLASS DESCRIPTIONS

Dance

Cardio Dance: Get fit with the latest dance moves. This class offers great music and moves that will challenge you. Get ready to sweat, dance, and have a great time.

Dance Jam: Come sweat and have fun dancing to an eclectic mix of fun, upbeat songs from across all music genres. Let loose with easy-to-follow, targeted moves to the beat in a judgment free space. All levels are welcome to this fun and entertaining class. Come join the party!

Hip Hop: Get fit with the latest dance moves. This class offers great music and choreography. Get ready to sweat, dance, and have a great time.

REFIT: Get ready for a fitness experience like no other! This cardio-focused class combines powerful moves with positive music for a challenging, effective and FUN workout. This class is perfect for beginners and will challenge fitness enthusiasts. Simplistic movements and upbeat music will leave you sweating, smiling, and feeling stronger – body, mind, and soul. Bring your best hair toss and rockstar attitude – or get ready to discover both!

Solo Latin X: Experience all the Latin rhythms while burning calories. A fun, hot workout!

Y-Ballet: An exceptional experience of traditional ballet geared to the adult body used to strengthen and stretch. This class is progressive in nature, but all fitness levels are welcome at any time. Embrace a new kind of workout that will help you reach your wellness goals.



CLASS DESCRIPTIONS

Pilates

Pilates: Come gain muscle strength, endurance, flexibility, coordination, and balance through a series of exercises focused on the core. Correct form is emphasized as variations and progressions are introduced.

Pilates Reformer \$: Come gain muscle strength and endurance, flexibility, coordination, and balance through a series of exercises focused on the core using our Pilates reformer machines. This small group training has a \$17 fee associated with the class (classes are also sold in packages).

Pilates/Yoga Fusion: Mix of Pilates, which focuses on muscle and core building, and Yoga, which focuses on strength and flexibility. Low impact total body workout with an emphasis on strengthening, stretching, relaxing your mind, and toning your body



CLASS DESCRIPTIONS

Recovery

Core & Stretch: There is more than just crunches to be had in this class that focuses on the stability zone of the body. Includes active, full body stretching.

Foam Rolling: Prep your muscles for a workout, treat day-to-day stiffness, and loosen up in this class led by a certified Foam Rolling instructor.

Gentle Stretch: An opportunity to improve flexibility, balance, coordination, and strength by incorporating stretching and breathing experiences.



CLASS DESCRIPTIONS

Step

Cardio Step: You'll burn calories and shape your body with lots of varied choreography. Straddles and repeaters, V-steps and marches, step touches and knee lifts – this class features all your step favorites, making it fun with tempo variations and directional changes. Muscle strengthening exercises and resistance training are also incorporated.

Hip Hop Step: Getting fit with the latest dance moves while using the step. This class offers great music and choreography. Get ready to sweat and dance with a flare of hip hop and have a great time!

Step: You'll burn calories and shape your body with lots of varied choreography. Straddles and repeaters, V-steps and marches, step touches and knee lifts – this class features all your step favorites, making it fun with tempo variations and directional changes. Muscle strengthening exercises and resistance training are also incorporated.



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Strength & Toning

-45: This fast and fun class targets 9 integral areas for a total-body workout. This class will help you burn fat and gain strength by targeting your glutes, quads, hamstrings, chest, back, shoulders, biceps, triceps, and core. This class also includes shorts bursts of cardio to help strengthen the heart and lungs as well.

Body Sculpt: This class uses a variety of equipment to build stamina, muscle endurance, and strength. Great for all levels.

Boxing Circuit: This high energy, high intensity workout is all about the sport, from cardio endurance to punching your way through a hard day. This class drives home an intensive full-body workout. GLOVES AND WRAPS ARE REQUIRED.

Cardio & Toning: Cardio and body sculpting with a fun and exciting format.

Core & More: There is more than just crunches to be had in this 30-min class, focusing on the stability zone of the body.

Sets & Reps: A total body and strength-conditioning class that uses variable weight exercises and some light cardio. If you want to get stronger and feel better, this is a great class for you.

TNT: Explosive interval training targeting all muscle groups progressing into areas of HIIT and plyometric exercises. Modifications for all fitness levels!

Y-Barre: An infused class of ballet, Pilates, strength, and flexibility training using a ballet barre.



CLASS DESCRIPTIONS

Yoga

Core Yoga: Power yoga with a core strength focus using both yoga and Pilates style moves. This class will have both body and mind refreshed and ready for the day.

Deep Stretch Yoga: This slower moving yoga along with deep dynamic stretching will improve flexibility and increase blood circulation, helping to reduce pain and tightness in the joints and muscles.

Flow Yoga: Flow Yoga uses smoothly connected postures matched with breaths creating a continuous flow-style.

Gentle Yoga: Yoga with a softer, slow-paced, well-supported, relaxing series of poses; can include a variety of styles.

HIIT Yoga: A HIIT routine using yoga poses to strengthen your whole body. Warm up with sun salutations, then dive into groups of poses in four rounds of 45 seconds each.

Power Yoga: Power yoga is a vinyasa-style, flow yoga that moves quickly between poses. Poses often place more emphasis on strength-building, yet also include flexibility practice.

Stretch & Flow Yoga: Increase strength and burn calories as you slowly flow from pose to pose to prepare for deep resistance stretches designed to greatly improve flexibility. A great class to follow cardio or strength training.

Stretch/Destress Yoga: Designed to remove physical and mental tension using slow gentle yoga to increase circulation then follow with dynamic, resistant and static stretching along with deep focused breathing. The last 10 minutes is saved for destressing with a relaxing meditation time.

Vinyasa Yoga: This continuously flowing yoga consists of poses matched with breath & usually includes sun salutations. Often push-ups between poses that are smoothly integrated into the flowing sequences are done.

Yin & Vinyasa Flow: This combo yoga class targets connective tissue and joints paired with movements for strength.

Yin Yoga: Focused on the connective tissue and the joints, this class goes through only a few poses per class allowing gravity to help one hold the poses for 2 – 5 minutes.

Yoga: During this class you can expect to sweat and stretch as we flow through a sequence of seated and standing poses. This continuously flowing class links your breath to your body and typically includes sun salutations. You will leave feeling grounded and renewed.

Yoga for Functional Movement: Learn how to align the body and improve functional movement while practicing awareness in action. This slower-paced class includes asanas, restorative postures, and seasonal sequences for optimal health. Please contact Jennifer White: jwhite@ymcatulsa.org for more details.

Youth Yoga: Yoga class designed for children to develop important skills in a fun and non-competitive environment. Through songs, storytelling breathing techniques, and yoga poses, children will gain strength, coordination, flexibility, balance, better focus and self-confidence. Parents are welcome to stay and participate with their child or, if they are 8 years and older and can concentrate without supervision, parents can workout on the fitness floor.



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Youth

Defend Jr.: This class is a junior version of our popular DEFEND TOGETHER class. Kids will punch, kick, and jump their way to 45 minutes of active fun! Children 5 and older may be checked into Play & Learn before class and taken to class by staff members upon request. Parents are welcome to participate. Four year olds must have an adult caregiver present in the room during class.

Family Yoga: Family Yoga is designed for children and their caregivers to develop important skills in a fun and non-competitive environment. Through songs, storytelling breathing techniques, and yoga poses, children will gain strength, coordination, flexibility, balance, better focus and self-confidence.

Kids' Boot Camp: The class is designed for kids 4-12 and will include fun games, body weight exercises, and more! Children 5 and older may be checked into Play & Learn before class and taken to class by staff members upon request. Parents are welcome to participate. Four year olds must have an adult caregiver present in the room during class

Kids' Hip Hop: Exercise meets dance in this fast and fun workout that is geared to children 6 and older with parent supervision and participation. Exciting, clean music and choreography and more fun than you can fit into a half hour.

Youth Yoga 101: Yoga class designed for children to develop important skills in a fun and non-competitive environment. Through songs, storytelling breathing techniques, and yoga poses, children will gain strength, coordination, flexibility, balance, better focus and self-confidence. Children 5 and older may be checked into Play & Learn before class and taken to class by staff members upon request. Parents are welcome to participate. Four year olds must have an adult caregiver present in the room during class. Ages 4-6.

Youth Yoga 2.0: Yoga class designed for children to develop important skills in a fun and non-competitive environment. Through songs, storytelling breathing techniques, and yoga poses, children will gain strength, coordination, flexibility, balance, better focus and self-confidence. Children 7 and older may be checked into Play & Learn before class and taken to class by staff members upon request. Parents are welcome to participate. Ages 7-12.



CLASS DESCRIPTIONS

Zumba

Zumba®: A fun mix of Latin and international music to create a dynamic, fun, high energy, and effective workout. Designed to utilize an interval training format, combining various rhythms with movements that tone and sculpt the body.

Zumba® Toning: Body sculpting taken to the next level with Zumba®. Have no fear, this is the same fun and exciting format you experience with Zumba®, with the addition of strength training spliced in for even more fun.



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AMP: Are you ready for a high-intensity, fast-paced small group program? One that will maximize caloric burn and increase your metabolic rate during and after the workout? The Y has the program for you: AMP (Accelerated Metabolic Performance). Time to get AMP-ed!

Your metabolic rate is your body's ability to metabolize energy=food. AMP is geared to assist you in burning more calories while in class AND after, and throughout the day and night, as your body metabolizes energy. AMP uses weights and resistance training in multi-joint exercises—with very little rest.

AMP works to increase strength, burn more fat, and improve cardiovascular health—all while you're in a small group of like-minded people working to be the best they can be right alongside you.

Boot Camp: Back to basics! This high energy class may include a full-body workout through a variety of styles including core training, plyometrics, toning, and strength exercises. Expect creative and intense exercises to thoroughly work your body in a simple to follow format.

Cardio Step Together: CARDIO STEP TOGETHER is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination and strength with exciting music and group energy.

Circl Mobility: Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Benefits include: Release - Reduce stiffness and tension to feel your best. Restore - Speed up recovery while improving balance and focus. Renew - Enhance muscle activation and circulation.

Defend Together: DEFEND TOGETHER is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

Group Centergy: Grow longer and stronger with Group Centergy®, an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat through this full-body movement journey.

Group Core: Group Core® gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health™. Expert coaching and motivating music will push you through a wide variety of innovative exercises that use your body weight, weight plates, The STEP®, and a towel.

MX4: MX4 combines best-in-class training tools with exciting workouts in a revolutionary new way to help you improve cardio, power, strength and endurance, no matter what your age or ability level. This game-changing program blends certified trainer attention, camaraderie, and challenging progressive workouts to make it happen.

Pickleball: Come play Pickleball in a fun, community driven atmosphere. Balls and paddles provided. Volunteer led play.

POUND®: POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Strength Train Together: Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell and weight plates and body weight, STRENGTH TRAIN TOGETHER combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best. Ages 15 and up.

Strength Train Together 101: Designed for those who are new to STRENGTH TRAIN TOGETHER - one of our most popular classes! Experience a shorter version with more time for questions and explanations. In the full length class, you will blast all



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your muscles with a high-rep weight training workout. Using an adjustable barbell and weight plates and body weight, this workout combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best. Ages 16 and up.

Tai Chi: Tai Chi is considered meditation in motion. It promotes serenity through gentle, flowing movements. It is low-impact and puts minimal stress on muscles and joints. An exercise system that exerts no strenuous action.