



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLENDALE YMCA CLASS DESCRIPTIONS

Our classes are taught by certified fitness instructors that provide fun, effective and safe workouts geared for a variety of fitness levels and interests.

Aerobox – A great medium impact class that borrows martial arts moves and will have you punching and kicking up a sweat.

Afro Funk Dance Fitness – A combination of traditional and stylized African & Caribbean dance in a dynamic and fun workout format. For all ages and levels.

All-Ball – A toning and strength class using stability balls and weighted exercise balls for core training and a total body workout.

All-Cardio – You'll enjoy one full hour of nothing but cardiovascular exercise. The schedule alternates to allow variety.

- 1st Sat of every month: Low Impact/Michelle
- 2nd Sat of every month: Funk Fusion/Harout
- 3rd Sat of every month: Funk Fusion Lindsay Blue
- 4th Sat of every month: Funk Fusion/Harout
- Occasional 5th Sat: Funk Fusion/Lindsay Blue

A.M. or Lunch Circuit – An instructor will guide you through a series of exercise "stations" designed to build muscular and cardiovascular strength. Fast paced, easy-in, easy-out.

Core Power – A functional class strength class that combines mat pilates, isometric exercises and balance training to develop a strong core.

Fitbox Bootcamp – Got Stress? Come and let it out! You'll do cardio intervals and punch/kick combinations on the heavy bag. A medium to high impact workout that strengthens muscles and bones in the upper and lower body. *Previous aerobox class/boxing experience is required. Gloves are required.*

Interval – A fat burning workout that consists of mixing slow and fast cardio intervals on the bag interspersed with plyometrics.
(Come in and try it! We have loaner gloves.)

Flexercise – A strength training class incorporating hand weights, exercise tubing and stability balls to sculpt and tone your entire body.

FunkFusion! – Simple hip-hop, jazz and current dance moves choreographed into an easy-to-follow low impact format. A fun class with hot music. Each dynamic instructor adds their own flair and style!

Hatha Yoga – The most popular branch of yoga from which many styles have originated. Focuses on Asana poses and breath to strengthen, purify and balance the body.

Iyengar Yoga – This style is noted for great attention to detail and alignment of postures as they are held for long periods. Props are also used such as blocks and belts.

Jumpstart classes are easy to follow, beginner level workouts. The program was designed to "jump start" you as a beginner, or to get you warmed up for a subsequent workout in the weight room, running on our track, participating in other activities at our facility or another fitness class.

Kundalini Yoga – A heat and energy based yoga style with emphasis on breathing and chanting to balance the mind.

Low Impact – Builds cardiovascular fitness, muscle strength and burns fat without stress on the body.

Lean & Strong – A unique class that incorporates core strength techniques, rehab stabilization training, Power Yoga (muscle work using your own body weight for resistance) and deep flexibility exercise. Increase mind/body concentration, strength, coordination and balance.

Tai Chi – A 3,000 year old martial art form that emphasizes physical dexterity and strength through slow precise movements. This program is safe for all ages including seniors.

Zumba – A combination of dance and fitness moves done to a variety of mostly latin rhythms.



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