



## COUNTRYSIDE YMCA | LANDEN CLASS DESCRIPTIONS 2019

### FACILITY HOURS OF OPERATION

Monday - Thursday: 5AM-10PM

Friday: 5AM - 8PM

Saturday: 7AM - 7PM

Sunday: 12:00PM - 6:00PM

### CHILD WATCH HOURS OF OPERATION

Monday - Wednesday: 8:30AM-8:00PM

Thursday: 9:00AM-8:00PM

Friday: 9:00AM - 7:00PM

Saturday: 9:00AM - 12:00PM

**FLEX CARD:** Your pass to all of our specialty fitness classes. No pre-registration required.

5 class punch card: Members \$21.

20 class punch card: Members \$78.

**PROGRAM MEMBERS:** must register for classes.

**ABS & GLUTES (Ages 13+):** Class will focus on abdominals, lower back, hips, and glutes using a variety of fitness equipment. Benefits include improved posture and core strength and development and strengthening of hips and glutes. **FREE for Members.**

**BARRE (Ages 13+):** Isometric strength training using ballet barre and yoga mat to develop lean muscles and sculpt and strengthen your entire body. **FREE for Members.**

**CARDIO SCULPT (Ages 13+):** Class includes cardio, strength training, core work & stretching. **FREE for Members.**

**CARDIO MIX (Ages 13+):** Enjoy a mix of different types of cardio workouts. You will experience pieces of Cardio Kick, Power Core, Low Impact Cardio and more! A different class each week! **FREE for Members.**

**CYCLE SPIN (Ages 13+):** Improve cardiovascular endurance and strength by varying intensity levels. Intervals designed by increasing or decreasing tension and speed. Members can register for classes by session or use FLEX Cards: 1 punch per class.

**INTERVALS (Ages 13+):** Cardio and strength interval training in a group fitness setting. **FREE for Members.**

**KID CRAFTS (Ages 6-12):** While Mom and Dad workout, participate in making fun and creative crafts. Creative themes provided. **FREE for members. Maximum = 10 children.**

**MOPS – MOTHER'S OF PRESCHOOLERS:** is a grassroots movement that believes moms are world influencers. We believe that incubating hearts and giving just-because-hugs can change the course of history. We connect moms in our community, who meet together to laugh, cry and embrace the journey of motherhood. MOPS groups are rallying women to be more honest, to feel more equipped and to find our identity by journeying alongside one another. We are moms, and we believe that better moms make a better world! Members & Non-Members welcome. **FREE Child Watch. MOPS International Fee = \$31.95.**

**MUSCLE MAX (Ages 13+):** Great class for anybody who wants to add strength training to their aerobic workout. You will tone and condition every muscle. Muscle Max is a great starting point to develop strength and confidence. Great music and compelling choreography keep you going through each class. **FREE for Members.**

**PERSONAL TRAINING (Ages 12+):** Personal Training is a great way to get in shape. Each training session will challenge your mind and body. You will truly see the potential that resides within yourself. Incorporating strength, flexibility and muscle confusion, your body will have no choice but to react. Talk to one of our certified personal trainers, or at the front desk, and get started today! You will be glad you did.

**PRESCHOOL ENRICHMENT YMCA LANDEN:** We use the Creative Curriculum with weekly individual lesson plans and assessments. We also have low teacher to child ratios. Our Certified Teacher provides a structured environment that provides kindergarten readiness and self-help skills to our students. Program follows Kings School District schedule. We offer both AM and PM sessions. Each session will last approximately 2 1/2 hours. AM session is from 8:30AM until 11:00AM and PM session is from 11:30AM until 2:00PM. There is a \$58 non-refundable registration fee. Cost: 4-5 year old= M, W, F \$170/month. 3 year old= T, TH, \$125/month (No Summer Preschool Classes).

**SELF DEFENSE (Ages 10-15):** Instructed by Dr. Larry Bobbert, No Nonsense Self Defense teaches kids how to react and evade dangerous situations without years of training by using simple effective techniques taken from Tai Chi, Aikido and street fighting. No special uniform or equipment is needed. Participants must register by session.

**STRONG (Ages 13+):** STRONG combines body weight, muscle conditioning, cardio and plyometric training exercises synced to music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep throughout this HIIT class. Options for intensity and modifications are provided. No coordination necessary! FREE for Members.

**TABATA (Ages 13+):** Timed high intensity intervals through a variety of simple and effective exercises performed repetitively using a 20 seconds of max intensity and 10 seconds of rest format. FREE for Members.

**TABLE TENNIS (Ages 18+):** Table tennis also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth across over a net on a hard table using a small racquet. 3 tables available for play for members/program members. Free for Members.

**TAI CHI (Ages 13+):** Tai Chi is a system of gentle exercises that improve balance, coordination and breathing which renews and invigorates the body, mind and spirit. Doctors described Tai Chi as medication in motion because it loosens and strengthens muscles, tendons and joints. People any age can practice Tai Chi, It is especially healthy for people over 35. You learn a system for physical and mental self-development. The smooth movements massage the organs, improve blood circulation and promote diaphragmatic breathing. Participants must register by session.

**TRX SUSPENSION TRAINING (Ages 13+):** Use your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability. This class is for all fitness levels. Members can register for classes by session or use FLEX Cards: 1 punch per class.

**VERSA TRAINING (Ages 16+):** Personal Training in a small group setting. Versa Training is not your everyday barbell and dumbbell training session. Each training session will incorporate a unique variety of strength and flexibility exercises that will utilize your own body weight or a partner for resistance. Stop by our front desk for pricing.

**YOGA - WARM, and BALANCE FLOW (Ages 13+):** We will practice several types of Yoga in our Spirit Studio Warm Yoga will be heated between 75-80 degrees. The heat will warm your muscles for greater flexibility. Balance Flow Yoga is a hatha yoga style designed to enhance balance, motor skills, and functional living with vinyasa flow. Don't forget to drink plenty of water throughout the day before attending class! Members can register for classes by session or use FLEX Cards: 1 punch per class.

**ZUMBA (Ages 13+):** Dance routines featuring aerobic interval training with fast and slow rhythms that tone and sculpt. Includes fun, energizing music that makes you want to get-up and move! All fitness levels are welcome. Members FREE.

\*Class types and schedules are subject to change\*