



# FITNESS CLASS DESCRIPTIONS

THE GREATER MARINETTE-MENOMINEE YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

(updated 7.31.25)

## **LES MILLS BODYCOMBAT™**

High-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

## **LES MILLS BODYPUMP™**

Using light to moderate weights with lots of repetition, LES MILLS BODYPUMP™ gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

## **LES MILLS CORE™**

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

## **LES MILLS GRIT™**

30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT™ Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

## **LES MILLS SPRINT™**

The 30 minutes you put into a LES MILLS SPRINT™ workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

## **LES MILLS STRENGTH DEVELOPMENT**

LES MILLS Strength Development is the first of a brand-new series of innovative workouts that meet how your members want to move today.

Whether new to lifting or a seasoned pro, LES MILLS Strength Development will build muscle, improve technique, and grow member confidence so they can train more powerfully in the studio and on the gym floor.

## **Chair Yoga**

Find your center and get grounded in body and mind in this gentle class. Chair yoga is practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting you where you are.

## **Reset BREATHWORK**

Breathwork, the practice of conscious breathing, is a scientifically validated method for reducing stress, enhancing mental clarity, and improving overall well-being. Designed to teach you how to harness your breath to achieve profound physical and emotional benefits.

## **Cyclelaties**

You'll start with 20-25 min of cycling followed by a transition to Pilates mat work. Strengthening your core, relieving stress, increasing cardiovascular and muscle endurance, and improving flexibility, while encompassing you as a whole through spirit, mind, and body.

|                       |                                                                                                                                                                                                                                                                                                              |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>FitYoga</b>        | Exploring your limits physically and mentally, working all parts of your body equally to create balance that will complement other activities of daily life. The class is offered in a peaceful, relaxed atmosphere to release stress and tension.                                                           |
| <b>Group Cycling</b>  | Your instructor will bring the intensity in a 30 to 45 min class to improve cardiovascular endurance and calorie burn. Using Stages Flight a web-based data analysis with screen display, dymaic FTP testing, custom intensity rides, GPS rides, and competition modes.                                      |
| <b>Movement</b>       | Simple warm up with standing or sitting with weight and band work.                                                                                                                                                                                                                                           |
| <b>Pilates</b>        | Works on creating balance in the human structure through purposeful movement, body awareness, and focused breathing while strengthening your core.                                                                                                                                                           |
| <b>SilverSneakers</b> | Designed for active older adults. Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support                 |
| <b>Tone It Up</b>     | Designed to increase strength and tone it up by using weights, tubing, body weightm and a step bench for a full body workoiut                                                                                                                                                                                |
| <b>Y Walk</b>         | 30 minute total body conditioning indoor (outdoor weather permitting) walking class including inclusive steps with occasional intervals, held on a flat surface such as the gym floor.                                                                                                                       |
| <b>Yoga</b>           | Any of our yoga classes will blend balance, strength, flexibility and power. Open your body using movement with breath, increase coordination, improve range of motion in your shoulders, spine, hips and legs, and create body awareness. These classes will leave you feeling refreshed on and off the mat |
| <b>Zumba ®</b>        | A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.                                                                                                                           |

## WATER FITNESS

|                       |                                                                                                                                                                                                                                                                                      |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Water Warriors</b> | This high intensity aqua class is a full body workout focusing on functional fitness. Utalizing the shallow and deeps ends of the pool, youll be challended with speed, muscle strengthening poses, and balance. Great cross trining class for those that primarily do land training |
| <b>Water Works</b>    | Shallow water cardio calss with a moderate intensirt that may include shalllow kickboxing moves along with the use of gloves, barbells, noodles, and balls. A great cardio workout and a way to condition your muscles with lower impact.                                            |