

Owensboro Family YMCA Group Class Descriptions

SilverSneakers is designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support. Class can be modified depending on fitness levels.

HIIT involves resistance training with free weights such as barbells/dumbbells, body weight exercises, and high intensity cardio designed to tone your body and improve your endurance.

Barre is a full body muscle endurance, low impact, high intensity workout designed to strengthen your body in ways few workouts can. Barre blends elements of ballet, Pilates, and yoga.

Yoga will create strength, flexibility, and balance while connecting the mind, body and spirit in this all-levels yoga class.

Yoga with Weights is muscle conditioning using added resistance in the form of hand weights in combination with traditional yoga postures.

Yoga Fusion is combination of basic yoga with popular postures; fusing them together to utilize more muscles and burn more calories than yoga alone.

Chair Yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood, and reducing stress and joint strain.

Senior Fitness is a physical activity program for adults that are designed to improve functional fitness and well-being. Functional fitness means keeping strong, balanced, and flexible to retain the ability to do the daily activities of life that you normally would do.

Zumba & Abs is pretty much the most awesome workout ever. Dance and shake to great music, with great people, and burn a ton of calories without even realizing it. Finish strong with a core specific floor workout.

Family Zumba class is good for beginners because it emphasizes moving to the music and having fun regardless of your fitness level.

Power Pump is a resistance training class using various techniques and equipment like dumbbells, bars, and bands. Focusing on all fitness levels with a mix of music everyone will enjoy and some laughs as well.

Step Sculpt & Abs is the class where you spend approximately 35 minutes per class on the cardio portion using the step where numerous step combinations are used to get your heart rate up. Then you will spend 10 minutes doing arm and leg exercises using hand weights or bands. The final 10 minutes will be dedicated to ab exercises and stretching.

Cardio Drills is a cardiovascular workout on the floor or bench. Low to high impact options are given. You will alternate upper and lower body strength training. Abdominal exercises and stretches are included.

Aquacise is a slow to medium paced water aerobics class designed to enhance mobility and flexibility. Classes run year around and are open to men and women of all fitness levels.

POUND is a full body, sweat dripping rock out jam session that turns workouts into fitness concerts. It fuses cardio, interval training, Yoga, & Pilates. Designed for all ages & fitness levels.

BLEND is a high energy dance class. We sing, we shout, we encourage one another, and we Praise the Lord while moving all that He gave us!

Group Cycling is a high-intensity group exercise class on a stationary bike, which allows you to increase or decrease pedal resistance. Group Cycling is great for calorie burning, building muscle tone, and it is low impact.