

Group Fitness Class Descriptions Sacramento Central YMCA

Adaptive Circuit: Low impact circuit with stations set up to target skills such as agility, balance, coordination, power, speed, and reaction time. Improve cardio-respiratory health, strength and endurance, and flexibility. Designed to accommodate members who may need additional support with mobility. 

Barre Above®: Barre Above® is a totally unique approach to barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will also sculpt your body. You'll see improvements in your posture, flexibility, overall body awareness, strength, endurance, and balance.

Barre Fusion: An intense, ballet-inspired workout designed to sculpt and lengthen your muscles from head to toe. The workout will include a cardio warm-up followed by lower body, core, and upper body segments. The end result is longer and stronger muscles with greater overall endurance.

Bootcamp: Combines all aspects of fitness into a fast-paced, total body workout. Your strength, speed, and agility, as well as your cardio fitness will be challenged with traditional, non-traditional, and functional exercises. You will also be introduced to metabolic resistance training, which will have you still burning calories hours after the workout is completed.

Circuit: Rotate through a variety of exercise stations for a workout that incorporates muscular strength, endurance, and cardio.

Circuit (Weight Room): Strength and conditioning class designed to help you make progressive strength gains using the weight room. Learn how to fully utilize the strength training equipment and improve muscular strength, agility, balance, coordination and power.

Core Conditioning: Build and strengthen your core muscles from your shoulders to your hips, and on the front, sides, and back of your body. This class focuses on improving the strength, stability, mobility, and endurance of your core muscles, utilizing a variety of exercises and equipment.

Cycling: 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 interval training in this indoor cycling class.

Dance Aerobics: Fun, energetic cardio workout incorporating music from a wide variety of genres with easy-to-follow dance fitness choreography. The instructor, the people around you, and the music will help keep you motivated. Dancing is especially good for the muscles in your legs and core.

Feldenkrais: Using the Feldenkrais Method® of somatic education, learn how to increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. By expanding your perception and increasing awareness, you will become more aware of your habits and tensions and develop new ways of moving. 

Head to Toe: From light to moderate cardio, strength training, balance, mobility and flexibility, this class is formatted for those looking to improve overall health and fitness using dumbbells, body weight, and mats. Recommended as a progressive option from Silver Sneakers® and Adaptive Circuit classes.

Hula for Health: This low impact, cultural Hawaiian dance class uses the graceful movements of hula to improve your strength, flexibility, balance, and coordination. 

Intro to Line Dancing: Learn choreographed dance routines with repeated sequences in steps to a variety of music while standing and moving in lines/rows. This class is intended to be a beginner level class but can be taught to all-levels. 

Kidding Around Yoga: Kidding Around Yoga (KAY) is a style of Yoga that was created by Haris Lender. KAY encompasses the five branches of Yoga in a clear, engaging method. A typical KAY class gets the children singing, dancing, skipping, marching, jogging, shaking, laughing, hopping, limbo-ing, and storytelling ALL while practicing authentic Yoga to original KAY music. It is SO much fun; your kids will LOVE it!

Meditation: Focus your mind and body on intentional stillness, breath, and reflection in silence or with soft, relaxing music playing in the background. Center yourself and rejuvenate! 

Qigong (Tai Chi): This is a form of gentle, flowing, meditative movement that cultivates the body's vital energy. Integrating movement with mindfulness, it brings ease and well-being. It increases strength and coordination and improves balance from the inside out. Qigong is simple and easy to learn; all levels of abilities are welcome. 

Silver Sneakers® Classic: Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. 

 Appropriate for those with limited mobility



Soul Strength Dance®: Soul Strength Dance® is an upbeat fitness AND dance experience set to Soul, R&B, Funk, and Hip Hop music. This class focuses on combining three important aspects of fitness – strength, flexibility, and cardiovascular endurance – using body weight and low-impact dance. Something good for your body, your mind, and your heart (in more ways than one)!

Step & Tone: This step aerobics class features easy-to-follow, repeating choreography on the step for cardio, mixed with strength and endurance conditioning off of the step, incorporating dumbbells, resistance bands, and/or body weight exercises.

Strength & Stability: Low impact exercises for strength and endurance using a variety of equipment, such as dumbbells, stability balls, and mats, with an emphasis on balance, coordination, and mobility.

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

Stretch & Balance: Using seated and standing exercises, this class increases strength, flexibility, and balance while focusing on the breath. The instructor guides participants in enhancing personal awareness and consciousness to help prevent falls. [Redacted]

Stretching: A restorative hour of dynamic and static stretching! This summer session is designed to increase flexibility, muscle control, and range of motion. [Redacted]

Tabata GX™: HIIT (High Intensity Interval Training) is hot, but smart HIIT is better! Tabata GX™ will help the fit to get fitter. But more importantly, it will help those new members to get fit safely and faster! Tabata GX™ explains the science and provides the system and the sizzle with a variety of timing protocols and fun exercise progressions that are easily implemented in a group exercise class setting.

Tai Chi: The ultimate purpose of Tai Chi is to cultivate the “qi”, or life energy within us, to flow smoothly and powerfully throughout the body. The essential principles include mind integrated with the body; control of movements and breathing; generating internal energy, mindfulness, song (loosening 松) and jing (serenity 静). [Redacted]

T'ai Chi Chih®: A set of movements focused on the development of an intrinsic energy called, “Chi”. Consisting of 19 stand-alone movements and one pose, this meditative form of movement does not require a particular level of physical fitness or coordination. [Redacted]

Walk for Wellness: Join this group for an instructor-led walk indoors or outdoors (weather/season dependent). [Redacted]

YMCA Healthy Back: Strengthen your core, increase flexibility and balance, and relax the muscles surrounding the spine. [Redacted]

YMCA Strength: Designed to build strength with movement, body weight exercises, and weight training using equipment including dumbbells and body bars.

Yoga: Gentle Hatha: Move through poses (asanas) and gentle stretching at a relaxed pace. Includes guided breath awareness, may also include breath techniques, and ends with relaxation. [Redacted]

Yoga: Hatha Vinyasa: Combines aspects of traditional Hatha Yoga with those of Power Yoga Flow. Incorporates a warming regimen of slow, dynamic stretches, sun salutations, and a variety of basic postures. Includes a sprinkling of challenging balance postures (modification options provided). Develop and awareness of breath and body sensations.

Yoga: Mindful Flow: Less of a focus on the exact posture achieved and more focus on mind/body awareness. Mostly floor-based with some standing and balance poses incorporated.

Yoga: Vinyasa Flow: Movement is synchronized with the breath throughout this practice as you flow, or smoothly transition, from one asana to the next. The movement and flow start slowly, gradually increase intensity, and finish with final relaxation.

Zumba®: We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Zumba® Gold: Perfect for those who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!

Zumba® Kids: Featuring kid-friendly routines based on original Zumba® choreography. We break down the steps and add games, activities, and cultural exploration elements into the class structure.

[Redacted] Appropriate for those with limited mobility