

YMCA of Central New Mexico

Group Exercise Class Descriptions

In alphabetical order

American Taekwondo Association (ATA): Classes will provide students with training in traditional Taekwondo and martial arts skills. Come and learn in a family friendly environment, while working toward the rank of black belt. Initially we will be taking students age 10 and up. Younger students are possible, with the permission of the chief instructor Dr. Horton Newsom. *(**Notes - Uniforms are not required to try our classes. After the first month a fee of \$25 per month per person (\$10 a month for additional family members after the third student)) will be collected by the club to support club fees by the American Taekwondo Association, instructor certification, equipment, tournament fees, etc. This fee can be waived on request to Dr. Newsom and the YMCA program director, but with limited services. A program to support training costs for qualified students with financial issues is under development.)* McLeod branch only.

Beginning Yoga: The introduction to yoga, basic postures, and breathing techniques are taught. This is a great class if you are a first-timer or simply want to see what yoga is all about. McLeod branch only.

Boot Camp: Kick start your year with a high energy, explosive, cardio and resistance training class! A variety of training techniques are designed to develop endurance, stamina, and muscular development/definition. This class will challenge you to elevate your workout to a new level! Clovis branch only.

BOSU: This class used the BOSU trainer to focus on toning, increasing balance and sculpting your body. Modifications are available for beginners. All levels welcome but limited equipment so please arrive early. Horn branch only.

Cardio Combat: A total body workout to increase stamina, strength, balance and flexibility using various non-contact punches and kicks. McLeod branch only.

Cardio Dance Fitness: A Dance oriented fitness class choreographed to specifically change with the music. Many genres of music will be explored, including pop, hip-hop, Latin and swing. We will tone muscles, build endurance, burn calories and most importantly, have fun! Horn branch only.

Cycle Blast: This is 30 minutes of intense interval cycling. Suitable for all levels of fitness. Remember a towel and extra water bottle. Clovis branch only.

Cycling/Spin: Instructors will guide you through a series of hills, flats, sprinting and other great drills. Motivating instructors and music will push you to peddle your way to a healthier you!! Clovis, Horn & McLeod branches.

CY-YO: Get in a great ride for 30-40 minutes and follow up with a relaxing yoga segment. Clovis branch only.

Gentle Yoga: Familiarize yourself with basic yoga postures and breathing techniques while increasing flexibility, developing strength, and creating enhanced body awareness and focus. Horn branch only

Group Cycling: Group Indoor Cycling classes offer high energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Participants select personal intensity levels during the workout through body position and bike tension. Work out at your own pace during cycling sessions. Clovis, Horn & McLeod branches.

Intermediate Spanish: A class for those who are familiar with the basics of Spanish and want to deepen their understanding of the language and culture. Held in the Skybox room. McLeod branch only.

Kettlebell Express - Get re-inspired about your fitness with Express Kettlebell Training. Kettlebells are cast iron weighted balls fitted with a handle that encourages movements not easily replicated with other pieces of equipment. KB Express is a 30-min class that will focus on the foundations and proper techniques of Kettlebell training with a variety of combinations. **(NOTE –EQUIPMENT IS LIMITED, SO PLEASE ARRIVE EARLY. ALSO, IF YOU HAVE YOUR OWN KETTLEBELLS, IT IS ACCEPTABLE TO BRING THEM TO INSURE YOU ARE ABLE TO PARTICIPATE WITH PROPER EQUIPMENT.)** McLeod branch only.

Kids Boot Camp: A 50 minute class for kids ages 6-12. Activities include, simple dance moves, integrates gross motor skills and fun game drills. Clovis branch only.

Meditation: Allow yourself to be guided through the process of focusing your mind on complete relaxation and centering your spirit. McLeod branch only.

Mensendieck A system of correct body mechanics. Corrects muscle function and posture while improving muscular strength. Horn branch only.

Mixed Martial Arts - In this class we utilize Sanuces Ryu Jiu Jitsu and Tae Kwon Do to develop street fighting concepts as well as sport fighting concepts. (18+) Horn branch only.

Muscle Tonic: A muscle sculpting class. A variety of resistant type exercises and equipment will be utilized to develop your muscular endurance and strength. Clovis branch only.

NIA: Neuromuscular Integrative Action combines martial arts, dance arts and healing arts into a flowing expressive movement of the mind, body, and spirit. Horn branch only.

Tribal Belly Dance: Learn belly dance moves and flow from move to move using American Tribal Style choreography. This is a fun community workout. Horn branch only

Physability: An exercise program for people with physical or mental disabling conditions. This is a chair class to help enrich everyday living. Specially designed by the Arthritis foundation builds strength, range of motion, flexibility, and improves cardiovascular health. Class is held in the MPR. Horn branch only.

Pilates: Improve flexibility, balance and tone while strengthening core muscle groups. Low-intensity workouts of core muscle training exercises. Increase a better posture and enhance mobility today! Horn & McLeod branches.

Power Hour: This cardio workout will challenge your strength, endurance, and willpower. It's an intense body sculpting and heart pumping workout. Horn branch only.

Power Step: A fun and challenging aerobic workout for intermediates, combining innovative choreography while utilizing the step. Horn branch only.

Prime Time Cardio: A 1 hour low-impact cardio conditioning class. Includes warm-up, aerobics and abdominal workouts! Horn branch only.

Rip 'N Ride: A sixty-minute workout of cycling mixed with core and upper body weight training, all set to high-energy, up-tempo music. Horn & McLeod branches.

Sanuces Ryu Jiu Jitsu - Jiu Jitsu means the gentle art. In this art we utilize concepts from Jiu Jitsu, boxing, Wing Chung, as well as others in order to maximize your proficiency of using your strengths in practical self defense and sport fighting. Beginner and Advanced classes.(18+). Horn branch only.

Shoshin Ryu Jiu Jitsu: This class emphasized the physical and mental skills needed for self-defense and physical growth. Under 10 with instructor approval, Adult and kids classes. Horn branch only.

SilverSneakers® Cardio Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. Clovis and McLeod branches.

SilverSneakers® (MSROM) - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. Clovis, Horn & McLeod branches.

Strength and Stretch: This is a low-impact class focusing on strengthening the whole body with an emphasis on balance, strength and stretching. Horn and McLeod branches.

Stitch and Gripe: Bring your handiwork to work on while you sit and visit with like minded individuals. Knit, crochet, needlepoint, and portable handiwork you want to bring. Come when you can leave when you must. McLeod branch only.

Tai Chi: An exercise for health and self defense. Improves muscular strength, flexibility, and overall fitness. Held in the MPR. Horn branch only.

Tai Kwon Do: The art or method of smashing with the fists and bashing with the feet. In this art we learn to utilize striking as a mechanism of self defense and sport fighting. (18+) Beginner and Advanced classes, Horn branch only.

X-Tended Group Cycling: This 1 hour, 15 minute indoor group cycling class will leave you wanting more. Come every Saturday for high-energy drills combined with heart-pumping music and great instructor motivation McLeod branch only.

Yoga: Increase strength, improve flexibility, relieve stress, create balance in your body and energize your spirit with this art taught by our first-rate instructors. Clovis, Horn and McLeod branches.

Yoga 101: Familiarize yourself with basic yoga postures and breathing techniques while increasing flexibility, developing strength, and creating enhanced body awareness and focus. McLeod branch only.

Yoga Flow: Intended to improve health, performance, and mental acuity of athletes or individuals interested in improving fitness levels. Based on Hatha Yoga, this class format will flow from pose to pose, emphasizing breath, strength, flexibility, and balance. McLeod branch only.

Zumba®: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Clovis, Horn & McLeod branches.

***Please be courteous, turn cell phones off during class.

***Please inform instructor if you have any health related concerns.

***Any class can be modified to suit any level of fitness.

***Please wear appropriate apparel and footwear specific for the class.

***Bring a towel and extra water bottle.