



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CLASSES INCLUDED WITH MEMBERSHIP

## COPLEY-PRICE FAMILY YMCA

Participants pay the appropriate day-use fee. Current group exercise class schedules are available at the Welcome Center and on our website: [copleyprice.ymca.org](http://copleyprice.ymca.org)

### Class Benefits:

Flexibility	Cardiovascular Fitness	Core Stability	Balance	Muscular Strength	Cognitive Health
Enhances the mind/body connection, improving coordination and reducing stress. Enhances joint range of motion.	Strengthens the heart and lungs for efficiency.	Strengthens the deep abdominal muscles and improves postural alignment.	Improves proprioception and reduces the risk of falling.	Increases strength and enhances muscular development and coordination.	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.
F	CF	CS	B	MS	CH

## Cardio & Strength

### BODYPUMP® CF MS CS

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions

### Cardio Blast CF CS MS

A total-body, high-intensity cardio and strength workout

### Cardio Kickboxing CF CS B

Non-contact, high-intensity boxing and kickboxing movements

### Core Fit CS MS B

Strengthen your abs, obliques, lower back and more in this core-focused class

### Cycling CF

Cardio workout to music on specially designed stationary bicycles. Workout towel required.

### Extreme Fit CF CS MS

Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises

### Forever Fit CF MS CH

Chair-based fitness using seated and standing exercises

### HIIT CF MS

High intensity interval training

### Kids Only Fit CF MS

5-12 age appropriate exercises; parent/guardian must remain in facility and sign-in is required

### Kid Friendly Fit F CS B CH

5-12 age appropriate exercises; parent/guardian attendance required (participation encouraged)

### Step CF B MS

High-energy choreographed workout that uses adjustable step (step-board optional)

### U-JAM® CF

Athletic hip hop dance fitness workout

### Zumba® CF

Combines unique Latin moves and rhythms to create an exciting dynamic workout

### Zumba® Gold CF

A modified Zumba class that recreates the original moves you love at a lower intensity

## Mind & Body

### Chair Yoga F CS B MS CH

Enjoy the benefits of yoga utilizing a chair for support

### Hatha Yoga F B CH

Series of traditional postures that release tension and stress

### Meditation/Stretch CH

Listen inward toward stillness during this guided practice

### Pilates F CS MS CH

A sequence of carefully performed movements that strengthen the body, open joints and release tension

### Power Yoga F CS B MS CH

Dynamic and challenging high-energy workout for experienced yogis

### Restorative Yoga F CH

Signed to revitalize the body and energize the spirit. Please bring a blanket or towel.

### Tai Chi F B CH

A form of martial arts that builds strength and balance

### Vinyasa Yoga F CS B MS CH

Series of poses that unite movement with breath



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## Water Exercise

### Aqua Fit

CF CS MS

Low-impact water exercise in shallow water. Non-swimmers welcome.

### Aqua Interval

CF CS MS

A tough workout that utilizes intervals and high-intensity activity

### Aqua Zumba

CF CS

Water resistance with a Zumba philosophy offers a low-impact, high-energy aquatic pool party

### Deep Water/Strength

CF CS MS

Non-impact exercise in deep water with assistance of a flotation belt. Uses resistance equipment to strengthen your entire body

### Hydro Healing

F CS B MS

Gentle exercise designed to enhance joint mobility beneficial for participants with chronic health conditions