

YMCA of Highland Lakes Group Exercise

LES MILLS **BODYPUMP**

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 430* calories. Instructors will coach you through the scientifically proven 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. Please arrive 10 minutes prior to class to allow for set up.

Duration: 60 minutes

STRENGTH

LES MILLS **BODYSTEP**

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP- a fullbody cardio workout to really tone your butt and thighs. Your instructor will coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620* calories and you'll leave buzzing with satisfaction.

Duration: 60 minutes

CARDIO

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 classes exercise in disguise.

Duration: 60 minutes

CARDIO

TOTAL SCULPT

Weight training designed to change your body composition from fat to lean muscle. This 55 minute continuous weight training class focusing on muscle endurance, definition and range of motion. A total body workout that is good for the beginner and the experienced. Duration: 55 minutes

STRENGTH

CYCLE

Indoor cycling class using different levels of resistance to take participants through different terrains and intensities. Please arrive 10 minutes prior to class to allow for set up.

Duration: 60 minutes

CARDIO

YOGA

This Restorative Class offers participants a chance to explore and refine the basic postures, breathing techniques and mind-body connections of Yoga. It is the perfect class for beginners - intermediate level students, physical therapy patients, and regular practitioners of Yoga. Mats are available however you have an option to bring your own mat.

Duration: 60 minutes

CORE/ FLEXIBILITY

PILATES

This one hour mat class will challenge your "power house"(core) in Standard Pilates format. Connect your breathing to your core; increase your strength, flexibility and range of motion. Mats are available however you have an option to bring your own mat.

Duration: 60 minutes

CORE/ FLEXIBILITY

SIT 'N' BE FIT

Chair-based fitness program for individuals at all levels who want to improve endurance, strength, flexibility and balance. Come get fit with us and make friends.

Duration: 60 minutes

CORE/ FLEXIBILITY

FIT FOR LIFE

Sit 'N' Be Fit taken to the next level. FIT FOR LIFE will be a combination of exercises to improve endurance, strength, flexibility and balance. This class will incorporate standing to prepare you to be FIT FOR LIFE!

Duration: 60 minutes

CORE/ STRENGTH

HEARTY HABITS

This weekly class supports healthy habits to overcome or prevent heart and lung disease. This program is designed and supported by experts with Ascension Seton and the YMCA.

WATER FITNESS

CARDIO SPLASH

Shallow aquatic fitness class designed to maximize the water's resistance. Improve cardiorespiratory fitness, muscular endurance and flexibility. Water resistance movements and drills will enhance balance, coordination, agility and reaction time. Web gloves and noodles provided. Non-swimmers welcome.

Duration: 60 minutes

CARDIO/CORE

AQUA JAM

Get your cardio and strength training to upbeat music from every generation. Class consists of a workout for the upper and lower body, includes an abdominal element, as well as stretching and cool down.

WARNING: May be exposed to "Free Entertainment" aka dancing/singing instructor

Duration: 60 minutes

CARDIO/ STRENGTH

YMCA of the Highland Lakes at Galloway-Hammond
1601 S. Water Street Burnet, TX 78611
(512) 756-6180



= denotes a 45 minute format