



## Class Descriptions

### YMCA of Portage Township, Inc

3100 Willowcreek Road  
PORTAGE, IN 46368  
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**Balance and Flex Together** - This mind body class incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

**Boot Camp** - In this high intensity, military training inspired class you may burn up to 600 calories in 50 mins. Instructors, trained to utilize military inspired drills, strive to enhance agility, speed, power, strength & quickness. All fitness levels welcome!!

**Cardio Drumming** - This cardio class utilizes simple dance moves to give you a full body workout which will leave you smiling, sweating & feeling great. Using exercise balls and drum sticks you will burn calories, release stress & leave feeling happy!

**Chair Yoga** - Get ready to move through a complete series of seated and standing yoga poses. Designed to increase flexibility, balance and range of movement.

**Cooking Matters** - FREE 6-week Cooking Course with free child care and free take home groceries. Preregistration required. Gives affordable, healthy meal ideas for families on a budget.

**Core and More** - A non-stop 30 minutes targeting the abdomen and obliques with a circuit type of workout. In addition to core, you will work your arms and/or leg muscles. No two classes are the same but you will always leave feeling the burn! All fitness levels!!

**Fit For Life** - A low-impact aerobics, strength, & toning class with the goal of improving balance and flexibility. Improving balance, flexibility, endurance, and strength can help active older adults stay healthier longer! (In chair or standing workout)

**Full Body Barre** - A head to toe ballet inspired barre workout that will help you burn calories, slim, sculpt and cinch in all the right places. Light hand weights may be used for total body, cardio sculpting workout for all fitness levels.

**Groove Together** - An energizing 60 minutes of dance fitness. It's a high-energy cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits and the best dance songs ever produced. You'll definitely want to invite a friend.

**Mat Yoga** - A restorative yoga class that will help you relax and recenter with soothing and supported yoga poses modified for any fitness level. Come and absorb the benefits of yoga leaving your entire body feeling renewed, refreshed and peaceful.

**Pilates** - Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. This class will emphasize proper postural alignment, core strength and muscle balance.

**Power Pump** - This strength training class challenges all major muscle groups using weight room exercises focusing on high repetition movements with the weights of your choice will shape, tone & strengthen your entire body to the beat of the music!

**SilverSneakers BOOM™ Muscle** - A higher intensity dance workout class that improves cardio endurance and burns calories and all in 30 minutes. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance with simple dance moves to help you feel GREAT!

**SilverSneakers® Classic** - Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**SilverSneakers® EnerChi** - EnerChi is a class format incorporating tai chi and qigong principles to improve physical and mental well-being. SilverSneakers EnerChi introduces modified tai chi forms. Linking forms together in a guided flow increases strength and vitality.

**Spin EXPRESS** - Cycling is a great low-impact cardio workout which builds muscle endurance and promotes weight loss & mental health by reducing stress levels. This is a unique class made up of 15 minutes on the bike & 15 minutes off the bike with a tabata workout!

**Triple Threat** - LEGS...ARMS...CORE..Cardio and strength training combined! This challenging calorie & fat burning class works different muscles and is never boring.

**Zumba®** - We take the "work" out of workout, by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total body workout-cardio, muscle conditioning, balance and flexibility, and boosted energy after every class!