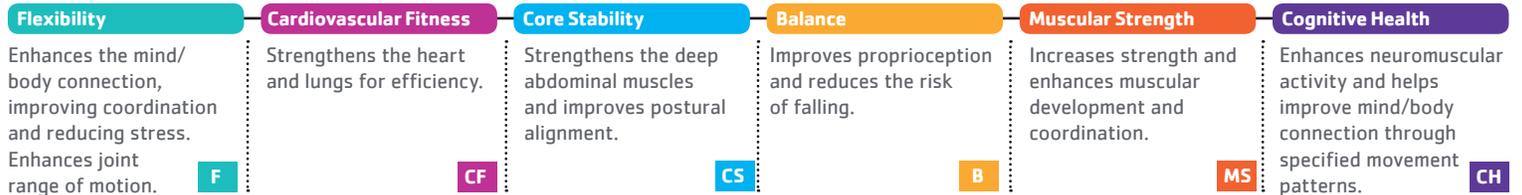


# CLASSES INCLUDED WITH MEMBERSHIP

## DAN MCKINNEY FAMILY YMCA • SHEPHERD YMCA FIREHOUSE

Membership includes access to all group exercise classes. Current group exercise class schedules are available at the Welcome Center and on our website: [ymca.org/lajolla](http://ymca.org/lajolla)

### Class Benefits:



## Cardio & Strength

**Barre** **F CS B MS**  
Sculpt your body and improve your posture using basic ballet principles

**BODYCOMBAT®** **CF CS B**  
This martial arts-inspired, full-body LES MILLS® workout helps deliver superior results. Punch and kick your way to fitness with moves inspired by Karate, Tae Kwon Do, Boxing, Muay Thai, Capoeira and Kung Fu

**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.

**Dance!** **CF B**  
High-energy, dance-inspired workout. No partner or special footwear required.

**Exercise Lite** **CF MS CH**  
Low-impact workout followed by strength/stretching exercises. May include floor work.

**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

**Pound Fit™** **CF B MS CH**  
A combination of cardio conditioning, strength training, yoga and pilates-inspired movements. Designed for all levels.

**Step** **CF B MS**  
High-energy choreographed workout that uses adjustable step (step-board optional)

**Strength** **CS MS**  
A full-body strength and conditioning class using a variety of equipment

**TRX®** **CS MS B**  
A suspension training system that leverages gravity and your body weight to perform a variety of exercises

**Stroller Jam** **CF**  
A unique cardio challenge that includes various walk terrains and a chance to meet new friends

**STRONG by Zumba** **CF CS B**  
This full-body workout combines muscle conditioning, cardiovascular training and plyometric work synced to original music. No equipment needed; all levels welcome

**Zumba®** **CF**  
Combines unique Latin moves and rhythms to create an exciting dynamic workout

## Mind & Body

**Balance** **F B MS CH**  
Reduce the risk of falling through improved balance

**Foam Roller** **F**  
Helps restore muscular and joint function through myofascial release

**Gentle Yoga** **F CS B CH**  
Breathing and relaxation in postures that are gentle on the joints

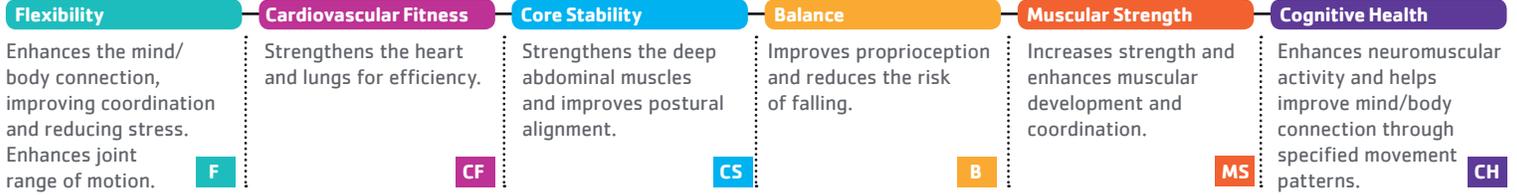
**Hatha Yoga** **F CS B CH**  
Series of traditional postures that release tension and stress



# CLASSES INCLUDED WITH MEMBERSHIP

## DAN MCKINNEY FAMILY YMCA • SHEPHERD YMCA FIREHOUSE

### Class Benefits:



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

**Stretch** F  
 Improve range of motion, joint health and posture

**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

### 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 appropriate for pool temperature.

**Aqua Mind Body** F CS B CH  
 Movement is linked with breath creating awareness and relaxation

**Aqua Strength** CS MS  
 Uses resistance equipment to strengthen your entire body

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

**Arthritis** F CS B  
 Arthritis class designed to alleviate pain and stiffness associated with arthritis and increase range of motion. Participant release required.

**Deep Aqua Interval** CF CS MS  
 Non-impact exercise in deep water with assistance of a flotation belt. A tough workout that utilizes intervals and high-intensity activity appropriate for pool temperature

**Deep Aqua 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