

YMCA Bethesda-Chevy Chase Class Descriptions

Cardio Classes:

BODYCOMBAT® – Release your inner warrior! BODYCOMBAT is a high energy martial arts-inspired workout that is totally no-contact. Punch and kick your way to fitness. Learn moves from Karate, Taekwondo, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ!

BODYJAM® – Because life is too short for a bad dance class! If you want to dance, there's nothing like BODYJAM. House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance

Belly Dance Workout- Belly dance is a great way to shake and shimmy your way to fitness. With easy to follow routines, this class incorporates posture, muscle isolation, and flexibility.

CardioLite – This fun filled class includes a light cardiovascular workout, total body resistance training using bands and dumbbells. Balance, flexibility, coordination and improving posture are also a focus of this class.

H.E.A.T – High Energy Aerobic Training – this class combines cardio and strength training in an exciting fast paced atmosphere. Using body weight, bands and balls – this class is a great way to rock your body.

Indoor Group Cycle – The following formats are taught at the Bethesda-Chevy Chase YMCA

*All Terrain Cycle incorporates hills, flat roads and inclines, allowing focus to be on endurance.

**Power&Speed Cycle takes on terrain through hills, flat roads, mountain peaks, time trials, and Tabata style intervals.*

**Spin, Sculpt, Stretch spend half your time getting in your cardio on the bike, then hit the mat for total body strengthening, and end with deep stretching*

Interval Cross Training – This class includes intervals of cardio and strength exercises utilizing equipment such as weights, tubing and the stability ball. Challenging but achievable, this class is for all levels of fitness.

Kickboxing- This class emphasizes cardio and strength conditioning through traditional and cardio kickboxing moves. Specific drills are included to improve hand-eye coordination and overall performance.

Y Fusion – Love a variety of dance styles? Y Fusion is the class for you! Drawing from a wide variety of genres, this class is a fun, energetic way to dance away your workout. With strength training and stretching included – this is your total workout.

Y Fusion 101–

Ready to try something new? Our popular Y Fusion program is simplified in this class, making it perfect for newcomers who desire a breakdown of the steps. You will still enjoy a great total workout, with our signature combination of aerobic dance styles, strength training, and stretching.

Zumba- This is a great way to get a sizzling cardio workout. Using the latest Latin dance moves – shimmy, mamba and salsa through your workout.

Zumba Toning- Dance away in Latin style with the added challenge of resistance using light weights to help focus on specific muscle groups.

Strength, Yoga, Stability, Core and More:

BODYPUMP® – BODYPUMP is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetitions, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music–helping you achieve more than on your own!

BODYFLOW® – BODYFLOW takes you on a journey through the best of yoga, pilates, and tai chi, set to music. Whether you're a beginner or already work out regularly, this class can improve your flexibility, increase core strength, and reduce stress.

Integrated Strength (formerly Body Sculpt) – Using a various types of resistance to strengthen every muscle group, this class will take you through a total body workout. Work toward maintaining muscle mass and bone density in this weight bearing exercise class.

CardioLite – Feel better, have fun and make new friends! Benefits of Fit4Ever include improving posture, balance, coordination, range of motion and flexibility.

Barre Fitness- This workout combines the best elements of ballet **barre** with pilates, sports conditioning and flexibility training.

Pilates Mat – Strengthen your core and condition your body using the principles of Pilates. This class will take you through everything from strength to overall conditioning and stretching – everything you need to align your posture.

Strength&Stability- Designed to help improve and maintain strength, flexibility and balance – this class will also emphasize good postural alignment & relaxation.

Tai Chi/Qigong – The "soft" martial art of Tai Chi was originally developed for self-defense. Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions through gentle, flowing movements. Qigong is an integration of physical postures, breathing techniques, and focused intentions. Qigong practices can be classified as martial, medical, or spiritual.

Yoga – The following Yoga formats are taught at Bethesda-Chevy Chase YMCA:

**Yoga 101* is designed as an introduction to the practice of yoga; the class is slower paced and focused on developing clear, safe alignment in foundational poses.

**Hatha Yoga* is the foundation of all Yoga styles. It incorporates postures, regulated breathing, and meditation into a complete system that can be used to achieve enlightenment or self-realization.

**Vinyasa Yoga* is considered an athletic yoga practice. Vinyasa offers a wide variety of poses, sequences, and challenging progressions.

**Yoga Strength* is a combination of isolated Yoga poses (held for 1-2 minutes) that transition to improved flexibility and core strength.