



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

2055 Patterson Street  
Eugene, OR 97405  
541.686.9622  
[www.eugeneymca.org](http://www.eugeneymca.org)

## EUGENE FAMILY YMCA

### Mind-Body & Group Exercise Class Descriptions

*Please register ahead of time for classes.*

**Adult Aikido** - Build your poise, confidence, self-expression and leadership through the traditional Japanese martial art of Aikido. Ages 13 & Up.

**Barre** - A full-body conditioning class sure to awaken your inner strength. This low-impact trifecta helps you reach deep muscular heat through lower, upper and core body exercises that focus on posture, stability and strength.

**Body Sculpt** - Come use a variety of props and toys (hand weights, stability balls, bands, etc.) that will help you find new muscles and tone the more familiar ones.

**Boot Camp** - Try out this full-body workout with intervals of intensity. You're in control of how hard you work. It's dynamic, it's fun! Gather motivation and drive from others in the room.

**Cardio Dance** - This class is a fusion of cardio, dance, booty-shaking and strength all rolled into 60 minutes of fun! All levels of fitness welcome.

**Cardio Strength** - Total body workout set to fun and motivating music. Perform cardio combos and drills while using a variety of equipment to improve your overall fitness and strength.

**Chair Fitness** - With seated and standing options, everyone chooses what's best for them! Expect to improve your cardio, strength, balance and flexibility, and have a lot of fun too!

**Core Pilates** - Start on the inside and work out; that's the idea when strengthening your core. This class incorporates Pilates and yoga principles to build your strength, posture, range of motion and flexibility.

**Core & Stretch** - Need a reset? This class offers a combination of core and mobility exercises and stretches to support posture and everyday movement. You will leave feeling more refreshed than exhausted.

**Core Yoga** - Help free yourself from common injuries and cultivate core awareness, strength and balance beyond the mat in this core-focused yoga class.

**Flow Yoga** - Some yoga postures (asanas) are static, others ask our bodies to move. Flow Yoga incorporates more of the movement poses (i.e. Sun Salutation); join us if you have a solid yoga base.

**Fusion Fit** - Enjoy full-body cardio dance and strengthening with Pilates/yoga/weights. A multi-level class that is accessible and effective for all.

**Gentle Yoga** - If you can't imagine standing on your head or wrapping your leg around your neck, but would love to stretch, breathe deeply and work on balance, you've found the yoga class for you.

**Hatha Yoga** - Create the space to go within and develop strength, stability, and ease to move through your day. Your instructor can honor your starting place. Check in with them about any concerns before class.

**Kundalini Yoga** - Integrate spirit, mind, and body in this yoga practice that builds on basic postures and mindful breathing. Kundalini is designed to revitalize, strengthen and help you find relaxation.

**Mix-it** - Mix it up and keep your body guessing while sweating away the day's stress! Join us for a challenging, full body workout incorporating various types of intervals, resistance, endurance, strength and fun!

**PiYo™** - This is a high-intensity, low-impact workout for a new kind of STRONG. Take the very best Pilates and Yoga inspired moves and crank up the speed to give you a full throttle cardio, strength, and flexibility training. Bring a yoga mat.

**Reclaim Fit** - Time for you to RECLAIM your strength, balance, range of motion and stamina. Whether you want more support starting out or are returning from a medical curveball, this class is for you.

**R.I.P.E.D.™** - Join is for a workout that will have aspects of Resistance - Interval - Power - Plyometrics - Endurance... It's downright fun!

**Strength & Stretch** - Strength and stamina is important at every stage of life. Join this class with those who choose to keep active and stay strong. The offering of modifications allow everyone to feel successful and supported.

**Strong & Balanced** - Don't have the strength you want? Not as sure-footed or agile as you'd like? Join us as we use resistance training, stability balls and floor exercises to keep our bodies strong, balanced and ready for active living!

**Taiji** - "The Art of Conscious Movement" can benefit all ages and abilities; practice 108 Yang style Long form, some Qigong and Taiji introduction, as well as partner push-hands practice.

**Turbo Kick®** - Move and groove your way into a healthy you. Come prepared to kick, punch, sweat and shake it to high energy, Top-40 inspired music. It's a blast - you'll be hooked.

**Y Sculpt** - Come feel the burn by building muscle strength and endurance. We'll target one muscle group, one song at a time! Low weights with high repetition is sure to sculpt your body and leave you feeling great!

**Yin Yoga** - Unwind and create balance inside and out in this restorative practice of long-held passive floor poses. The focus is on release of the hips, pelvis, inner thighs and lower spine.

**YoBata** - This low impact, high-intensity kind of FUN! It incorporates Yoga, Pilates and Barre inspired moves fit into a tabata format that will build strength and flexibility at the same time. Bring a yoga mat.

**Yogalates** - Combine Integrative Yoga Therapy, Hatha, and the core strengthening style of Pilates. Align as you strengthen and stabilize your core, back, hips and overall body. Modifications offer something for everyone!

**Zumba®** - Looking for a booty-shaking fun time, but don't want to have to stay out late to find one? Come get your Latin and International groove on. Ditch the workout. Join the party!

#### **Class Reminders:**

- Reservations open 3 days in advance at 6am and *are required for all classes*
- Reservations are available online, stopping by the Welcome Center or by calling the Y
- To cancel a reservation, please call the Y at (541) 686-9622 or email [membership@eugeneymca.org](mailto:membership@eugeneymca.org)
- Drop-in spots are available only if class isn't full
- Bring a yoga mat for mat-based classes; a limited number are available to borrow
- For your safety, it is recommended you consult your physician prior to starting any exercise program
- Classes are for ages 15+. Check with the class instructor for exceptions
- All schedules are subject to change; download the mobile app or visit our website for the most up-to-date schedules