



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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EUGENE FAMILY YMCA

Group Exercise Class Descriptions

Adult Aikido – Build your poise, confidence, self-expression and leadership through the traditional Japanese martial art of Aikido. Please observe one class before beginning. 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.

Bhangra – High intensity cardio dance from Punjab, India! All are welcome for a heart racing, exhilarating aerobic workout. The dynamic choreography to energetic Punjabi-Bollywood-Western Pop Fusion music will get all levels of fitness sweating!

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 Fuse – This class blends elements of aerobics, kickboxing, plyometrics, resistance training, and core work for a full body workout. Using a mini loop band, you will ignite the arms with the legs in toning tracks and spike your heart rate in the cardio tracks. The music will push you to new limits in Fuse while having a great time.

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. Class incorporates pilates and yoga principles to build your strength, posture, range of motion and flexibility.

Core Strength – Short and sweet and packed with a punch: we warm up and get right into the center of it all—your body's core: back, abs & obliques
Core Yoga – Help free yourself from common injuries and cultivate awareness, strength and balance beyond the mat in this core-focused yoga class.

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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 by having a discussion prior to class.

HIGH Fitness – Old-school aerobics taken to the next level by combining simple, modern fitness techniques such as HIIT training, plyometrics, and intervals of strength and cardio with music you know and love. HIGH Fitness is simple, intense, consistent, inclusive, and fun!

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.

Low Impact Aerobics – Join a group that loves to move, dance, laugh, chat and work together. Both your brain and body will get a nice workout. Expect to sweat and use resistance equipment.

MELT – Come release your body's self healing powers with the use of soft body rollers and hand/foot therapy balls. In this class you'll learn how to "MELT" away your aches and pains.

Mix-It – Mix it up and keep your body guessing and sweating away the day's stress! Join us for a challenging, full-body workout incorporating various types of intervals, resistance, endurance and strength (some step, some floor and so much more).

Nia® – Nia is a unique 60-minute barefoot cardio-dance workout that leaves you physically energized and emotionally balanced. With 52 simple moves fusing dance, martial, and healing arts, you'll tone your body while transforming your mind.

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 start-

ing out or are returning from a medical curveball, this class is for you.

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

Strength & Stretch - Finding strength and stamina is important at every stage of life. Join this class and work out with people who choose to keep active and stay strong. There are two instructors here so everyone can 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, hip-hop inspired music. It's a blast - you'll be hooked.

U Can Gym - This class is designed for those with mobility limitations to build their strength and endurance. With staff guidance and our adaptive equipment, we aim to support you getting stronger. If you require full-time assistance, an attendant is welcome.

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!

Yobata - This is low impact, high-intensity kind of FUN! Yoga, Pilates and Barre inspired moves fit into a Tabata format will build strength and improve flexibility at the same time. Bring a yoga mat.

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.

- Reservations open 3 days in advance an hour prior to the start time of class and *are required for all classes*
- To cancel a reservation, refer to your registration confirmation email or call the Y at (541) 686-9622. You may cancel up to an hour prior to the start time of class.
- Drop-in spots are available only if class isn't full
- 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
- Bring a yoga mat for mat-based classes; a limited number are available to borrow