



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BRANCH CROSSING GROUP EXERCISE CLASS DESCRIPTIONS

- ACTIVE OLDER ADULT STRENGTH:** Condition your entire body in one hour with dumbbells, barbells, bands and balls.
- BARRE WORKOUT:** A fun, energetic workout that will tone, define and chisel the whole body fusing techniques from dance, Pilates, and yoga. Improve muscle tone, learn to move gracefully and love the skin you're in.
- BODYCOMBAT™:** An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.
- BODYFLOW™:** This is a yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm.
- BODYJAM™:** A cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and the hottest new sounds puts the emphasis as much on having fun as breaking a sweat.
- BODYPUMP™:** This barbell class will sculpt, tone and strengthen your entire body, fast. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.
- BOOT CAMP:** This is a challenging, highly structured, athletic-based class. No choreography is involved. The class will incorporate plyometric training and physical military moves.
- POWER PUMP:** Condition your entire body in one hour with dumbbells, barbells, bands and balls.
- CARDIO COMBO:** Enjoy circuit training, speed and agility drills, running/power walking, jump rope, abs, stretching and much more.
- CYCLE:** Indoor cycle classes simulate outdoor riding with sprinting, hill climbing and other techniques. Classes may also include core work.
- FIT KIDS:** This class combines games and fitness activities in a fun-filled workout that will increase cardio and strength endurance.
- H.I.I.T:** This class includes plyometric drills, strength, power, resistance and abs/core training moves.
- LINE DANCE:** Line dancing isn't just country/western anymore. It's dance choreography in lines with the look and feel of ensemble dancing; no partner needed.
- MAT PILATES:** This is a conditioning program that improves muscle control, flexibility, coordination, strength and tone. Based on proper breathing, good posture and intense concentration. Exercises are performed on a mat.
- METAFIT™:** The original 30 minute, non-choreographed, body weight only H.I.I.T. (High Intensity Interval Training) workout.
- NIGHT CLUB CARDIO®:** The lights are low and the moves are simple, yet effective. Somewhere between the music and the Soul Train line, you begin to forget you are even working out!
- PIYO™:** Mostly low impact, high intensity, muscle sculpting, and core firming benefits of Pilates with strength and flexibility of yoga.
- SENIORCISE:** An overall workout at a comfortable pace. In addition to cardiovascular conditioning and toning, special emphasis on balance, joint range of motion, and flexibility.
- SILVERSNEAKERS @CLASSIC:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.
- SILVERSNEAKERS @YOGA:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
- YOGA:** Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Yoga props are offered to safely perform exercises. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
- ZUMBA® :** This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn!



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit,



Text YMCAHouston  
to 41411

Updated 7/30/18