Active Older Adult (AOA)

Silver Sneakers® Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Zumba Gold® – The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle.

Yoga Stretch® – YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Cardio

BOSU® Cardio – Challenge your coordination and functional strength like never before with BOSU ball training. BOSU will provide a complete workout—total body strength, cardio and balance training—like you have never experienced before.

Dance Aerobics – A rhythmic choreographed aerobic workout that provides a challenging and fun workout.

INSANITY™ – A cardio class, based on max interval training. This class will push you past your limits with athletic plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape—levels of each exercise are provided. Time to dig deep!

Spinning® – A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

Step – A great cardio workout for all fitness levels. Using an aerobic step with or without risers, class members step up and down to the music giving a complete upper and lower body workout.

Tabata Spin® – Tabata Spin classes are intense so come ready to sweat! The primary focus of Tabata is short, intense bouts of exercise. Tabata Spin combines intense Spinning and Strength training to confuse the muscles and help you break through plateaus and boost your energy.

Zumba® – ZUMBA is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Dance

Hip Hop – A cardiovascular workout using urban upbeat Hip Hop music. This class teaches step by step movements, with fun choreography, so you can get your feet moving and your heart pumping.

Soca AFRO-bics® – A high intensity dance fitness class fused with African dance, African music, West Indian dance, & Soca music! Along with the dance component, the class also contains drills and some kickboxing to further enhance that full body workout! It’s a fun way to dance, lose weight, & tone all in one class!

Family

Family Yoga – Yoga for little ones is quite different from the adult version! Children learn stretches and breathing techniques in a fun and creative environment. Techniques will focus on teaching families a better understanding of their bodies and how they work while enjoying the fun and bonding that comes with family activities. Children should dress comfortably. Equipment provided.

Fit Kids – Run, jump, catch, dance, and have fun! This class is all about moving, staying healthy, and having fun.

Prenatal Fitness: A strength training program designed to prepare for childbirth for expecting moms.

Zumba Kids® – The Zumba Kids program is the ultimate dance-fitness party for keeping Zumba fans ages 2 - 11, where they can play it loud and rock with friends! Age-appropriate music moves and gets kids movin’ to the beat.

Zumba Kids Jr® – The Zumba Kids Jr. classes are a dance party for lil’ kids where pint sized party animals get silly, dream big, and begin their journey to a healthy future. (Ages 4-6)

Strength

Boot Camp – An efficient circuit training workout that challenges your entire body, utilizing calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

Interval Training – Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

Kettle bell – This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

Kettle bell Bootcamp – This class infuses kettlbell techniques with bootcamp style circuits to provide a challenging and fun workout.

Total Body Conditioning – A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

Mind Body/Core

Ashtanga Yoga: A Yoga class that practices linking together postures that focus on building strength and stamina, simultaneously building muscle and increasing flexibility.

Anusara Yoga – A yoga class that is both spiritually inspiring and yet grounded in a deep knowledge of outer and inner body alignment. The central philosophy of this yoga is that each person is equally divine in every part—body, mind, and spirit.

Chakra Yoga – A form of yoga that focuses on the 7 main chakras in the body, methods to help you energize, rejuvenate these energy centers for optimal health, and daily balance.

Hatha Yoga – A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels are welcome.

PiYo Strength™ – a mind/body format that moves very quickly and powerfully using the body’s own movement to create strength from the core out. PiYo Strength™ is inspired by pilates and yoga, but does not limit itself to those boundaries. You will improve your strength, flexibility and balance in PiYo Strength™ which makes it an excellent basis for any athletic endeavor you choose.

Power Yoga – Certain to get you hot under the collar by bringing you out in a healthy sweat, you'll find Power Yoga is good for weight loss, flexibility, circulation and strength, and because you spend time focusing on your posture and breathing, it can help you unwind and relax too.

Vinyasa Yoga – A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition.

Cardio Pilates – combines the benefits of Pilates with the intense calorie burning of cardio elements. It is high impact free, bringing blasts of cardio through repetitions and quick succession of movements.

Core Conditioning – This class focuses on abdominal, back and core muscle training and stabilization to improve the body’s overall functional strength.

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