

Butte YMCA Fitness Class Descriptions

- **Cross Training Strength:** A total body strength training using a variety of equipment.
- **Pilates:** A form of exercise which concentrates on strengthening the body with emphasis on core.
- **Abs:** concentrates on strengthening core muscles, including your abdominal muscles, back muscles and the muscles around the pelvis
- **Yoga:** an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being.
- **Easy Does It:** This class includes cardio, stretching, and strength training at a steady pace that is easy to follow. This all-in-one class is for all ages and allows you to work out to your ability.
- **LaBlast:** A partner free dance fitness program using several types of dances including Cha Cha, Disco, Jive, Lindy hop, merengue, Paso Doble, Quick Step, Salsa, and Samba.
- **Spin:** For those who love to ride, this class gives you the cardio workout you are looking for.
- **Cross Training (Cardio):** an alternating different cardio exercises using equipment and different range of motion. All classes are different every time, usually timed so can go at your own pace.
- **Core & Floor:** Basic beginning core exercise on the floor.
- **Stretching:** the act of releasing tension from the muscles, joints, ligaments, and tendons.
- **Stability Yoga Ball Training:** yoga ball classes are comprised of exercises done while using a large ball for strength, flexibility, and stability. A primary benefit of exercising with a yoga ball is that the body responds to the instability of the ball to remain balanced, engaging many muscles. Most frequently, the core body muscles, the abdominal muscles, and the back muscles, are the focus of the program.
- **Just Dance:** Easy to follow dance routines.
- **Chair yoga:** a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.
- **Mix It UP:** A total body workout focusing on cardio, core, and strength.
- **Line Dancing:** in this class, learn many different line dances to all genres of music such as Country, Top 40, Hip Hop, Ballroom, Blues, Funky, Latin, Irish, Swing and much more with YMCA instructor Collen Klobucar.
- **Tabata:** One of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high intensity exercises in a specific 20-seconds-off interval with 30 second recovery time. A light fun filled workout to energizing beats!

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