***Preston Creek Family YMCA***

Group Exercise Class Descriptions

**Active Older Adults**

This class is designed for older adults. It combines low-impact aerobics with strength and flexibility training!

**Boot Camp**

This class provides a challenging workout, combining conditioning drills and strength training.

**Cardio Combo**

This high energy class offers an excellent cardio workout, including high and low impact aerobics, step, circu**it training, and interval training. All fitness levels welcome!**

**Cardio Kickboxing**

Designed to get your heart rate up, this class includes basic kicks and punches as well as challenging kick and punch combinations. All levels welcome!

**Core Express**

This 30-minute class will help you strengthen your abdominals, lower back, gluteus and hips through a series of low-impact exercises. This new class is open to all fitness levels!

**Indoor Cycling**

This high-energy class helps you burn lots of calories and offers you a new challenge!

**Flex**

Increase your muscle tone and lose fat! This challenging weight training class utilizes adjustable barbells to fit your strength level. All levels welcome!

**Pilates**

This slow-moving format strengthens and tones muscles as well as improving flexibility, muscle balance, and posture. All levels welcome!

**Yoga**

You will utilize various postures, breathing exercises, and relaxation techniques while increasing your flexibility and muscle tone. All levels welcome!