

VIRTUAL CLASS DESCRIPTIONS

BODY WEIGHT TRAINING

Boost energy, scorch calories, burn fat and build serious strength in 45 minutes! This workout features cardio, endurance and strength exercises with just your body!

Equipment needed: mat or carpet, water

BOOTCAMP

Be prepared for anything - and to be held accountable - in these fast-paced, total body workouts that will have you sweating in no time. A circuit-style format moves participants from one dynamic station to another with minimal downtime.

Equipment needed: Dumbbells, mat, water

CYCLE

This unique group exercise class, performed on stationary bikes, is as intense as the participant makes it. Instructors are skilled in nurturing beginners while also challenging advanced athletes.

Equipment needed: Stationary Bike, water

H.I.I.T

Boost energy, scorch calories, burn fat and build serious strength in 30-45 minutes! This workout features cardio and strength intervals that will rev up your heart rate and leave you feeling strong... and sweaty!

Equipment needed: Dumbbells, mat, water, towel (for your sweat!)

LITE & EASY

Appropriate for beginners, older adults and those who may be recovering from injury. No jumping or weight lifting is involved. This class is great for improving cardiovascular health, flexibility and overall stability.

Equipment needed: Mat, sturdy chair, water

PILATES

The Pilates philosophy focuses on training the mind and body to work together toward the goal of overall fitness. Classes strengthen and improve posture, provide flexibility and balance, unite body and mind, and create a more streamlined shape.

Equipment needed: Get creative! - Water bottles or canned goods as lite weights and maybe a pillow as a Pilates ball!

ROCK SOLID

Don't be fooled by the shortened duration of this class, as it is designed to strengthen and tone your core and other major muscle groups in a minimal amount of time. Features body weight exercises, resistance work, and strength training.

Equipment needed: mat or carpet, water

RESTORATIVE YOGA

Turn down the fight-or-flight response and tap into the relaxation response with this series of supported postures designed to promote physical and emotional healing at the cellular level. Blankets, bolsters, straps, and blocks are used to guide muscles and bones into gentle stretches and deep release. - A must for everyone living in a stressful world.

Equipment needed: A comfortable place to lie down, a pillow, blanket

TOTAL BODY

Grab your weights and get ready for circuits, supersets, timed rounds and more! These total body formats will be utilized to make sure that your body is challenged at all times.

Equipment needed: Dumbbells, mat, water

TABATA

Get it in and get it done by utilizing a Tabata protocol – a very popular form of high-intensity interval training that keeps your metabolism revved all day long. Tabata rounds essentially require participants to work hard and fast for 20 seconds followed immediately by 10 seconds of rest for a total of 8 rounds, resulting in just under 4 minutes work.

Equipment needed: mat or carpet, water

“WATER” EXERCISE (Modified Land Class Starting June 2nd)

Land based stretching and exercise geared toward the water exercise participants.

For questions regarding this class, please reach out to our Aquatics Director, Amy at dandreaa@darien-ymca.org

YOGA

Need some Zen? This class moves at that pace and includes basic warm-ups, sun salutations, standing poses, back-bends, twists, seated poses, a simple inversion and deep relaxation. You will leave feeling like every part of your body received the attention it needed.

Equipment needed: mat, water

TEEN FITNESS (Ends on June 20th)

Calling all athletes! This live Teen Zoom class with Henk and Jess is designed to keep you conditioned by strengthening major muscle groups and increasing endurance in a minimal amount of time. Features body weight exercises with a high focus on core work, functional movements and strength and cardio endurance.

Equipment needed: mat or carpet, water