



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PROPOSED NEW CLASSES

Stability Ball Class

Improve your core strength and increase your balance while having fun with the exercise ball. It is an excellent class to improve your fitness level while adding some variety to your workout. You'll have a ball!

Tabata Intervals

Push yourself and feel your spirits rise. Tabata intervals consist of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest. A few popular examples of exercises using this protocol include sprinting, jumping rope, or performing bodyweight calisthenics (ex. squats and pushups). This interval class is intense, effective and out-right fun.

Yoga PM and Pilates PM

We'll finally have space to offer evening yoga and Pilates. Your wish will be answered!

Group Cycling

More time to build strength and endurance. One of the Y's most popular class formats will now have its own dedicated space. The Y will soon be offering cycling classes throughout the day and evening.

Senior Strength

Improve your endurance and strength with this gentler, low impact class. The class is designed to address issues associated with aging as well as being a great entry level class if you have not had previous experience with strength training. The instructor will use a variety of aerobic and anaerobic exercises using props such as medicine balls, dumbbells, exercise bands, and stability balls.

Chair Yoga

Chair yoga is for everyone. Whether you're new to yoga, new to exercise or recovering from an injury you may have limited mobility, but doing Chair Yoga will maintain, stretch, and strengthen your body as you recover. If you have a disability it will help you manage the disability and keep your body in the best condition possible. It will give you peace of mind and self-esteem to know you are doing something good for your body, mind, and spirit.

Basic Strength Training

Build your strength and stamina with this progressive training workout using body bars, tubing, and dumbbells for your upper body and incorporating squats, lunges, and step-ups to develop your lower body strength. We focus on all major muscle groups to keep you feeling balanced and strong. A structured strength class that anyone will feel welcomed in.

Turbo Kick

Sweat and improve your confidence with this combination of intense kickboxing moves and dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

Tai Chi

If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions.

Pre/Post Natal

Our Pre/Post Natal program will help prepare you for one of the biggest physical challenges in a woman's life. Instructed by trained staff, our class offers a variety of physical conditioning exercises including low impact aerobics, strengthening movements and yoga specially geared to help you prepare for childbirth and regain your strength after the baby arrives.

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