

WHICH MIND–BODY CLASS AT YMCA SILVER SPRING IS BEST FOR YOU?

Below are descriptions of our mind–body classes. We encourage you to try them all out to see which classes and teachers work best for you!

Hatha Yoga

Hatha Yoga is the most widely practiced form of yoga in America. Hatha Yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation (dhyana) with the goal of bring about a sound healthy body and clear, peaceful mind. Hatha Yoga postures also stretch and align the body, promoting balance and flexibility.

Gentle Yin / Hatha Yoga

This form of yoga targets the joints and the connective tissue of the body. Yin yoga deeply relaxes both your mind and body, providing a gentle, quiet and meditative practice that teaches you to relax. All poses are done on the floor so that the muscles can relax and allow the deep connective tissues surrounding the hips, thigh and lower back to be gently stretched. Yin yoga is excellent for reducing stress and providing restoration for the body as well as the mind. It's also great for increasing mobility, circulation, and regulating energy flow throughout your body.

Iyengar Yoga

A form of Hatha (or gentle) yoga created by world renowned yoga instructor B.K.S Iyengar, Iyengar yoga focuses on performing each asana (or posture) with attention to alignment and breath control. One of the world's most widely practiced forms of yoga, Iyengar Yoga emphasizes alignment of body, breath, mind, and spirit within each pose. This precision builds strength and stamina, balance and flexibility, and provides a deep sense of well-being.

Power Yoga

Power Yoga is similar to Vinyasa Yoga with somewhat more focus on improving muscle strength and cardiovascular endurance.

Yoga 101

Yoga 101 is a class designed to help you learn how to do yoga in a safe and fun way. Yoga is not just a workout, it can also help with many areas of your life, but it is also very important to learn the basics properly, especially if you are new to yoga.

Vinyasa Flow Yoga

A broad classification that encompasses many different types of yoga, Vinyasa Yoga connects one posture to the next using the breath. This can be thought of as linking on flowing into postures. Vinyasa yoga is all about the movement and flow of energy as you sync the body and the mind together through motion and breath. This flow class strings poses together to make a sequence.

Meditation and Breathwork

Each hour-long session will incorporate stretching to ease and relax physical tension, breathing exercises to calm the mind, a guided meditation and conclude with a short silent meditation.



Ashtanga Flow

Ashtanga translates to eight limbs. The classical, physical practice of Ashtanga yoga focuses on a couple of these limbs, the breath, the postures, as well as gazing points and inner locks. Ashtanga yoga is an athletic vinyasa practice that is made up of several set sequences. Ashtanga was developed and made popular by K. Pattabhi Jois. He was a student of Krishnamacharya, who was also the teacher of B.K.S Iyengar, the founder of Iyengar yoga. Ashtanga yoga is same poses, same order, same breath count, no matter where or with whom you practice.

Tai Chi

Developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing postures and movements.

LOOKING FOR A GREAT CARDIO WORKOUT?

Below are descriptions of our cardio classes:

Y-Fusion Dance

You will find traditional dance steps as well as modern dance moves in this choreographed aerobic dance class. Y-Fusion Dance is a fun and effective way to get your cardio exercise and make new friends at the Y!

Zumba

Zumba is a great fitness class that combines Latin, International, and Salsa music with some amazing and fun filled dance moves. There will be slow and fast rhythms alternating throughout so that you can keep burning calories. Zumba is not just for people who can dance. Anybody can join in! The steps are simple, heart pumping and fun.

Cardiolite

This is a low impact cardio class. The cardio portion is followed by training to improve posture, balance, coordination, range of motion and muscle strength. This is a great class for those looking for a non-dance based cardio workout.

Water Aerobics

Take the plunge and try this low-impact workout that builds muscle strength and boosts your endurance. It's fun, and it can be as challenging as you like. The buoyance of the water is easy on your joints. That makes water aerobics a good choice if you have joint problems, chronic pain, or are recovering from an injury.

Cycle

Take on the terrain through hills, flat roads, mountain peaks, time trials and interval training. Discover your inner athlete as you sweat and burn calories to reach your endorphin high.



IS YOUR GOAL TO BUILD STRENGTH?

Here are the descriptions for our strength classes:

Express Core

Core training is doing specific exercises to develop and strengthen the stabilizer muscles. Keeping core muscles strong can do wonders for your posture and help give you more strength in other exercises. This 30-minute class is a great way to start your day off strong!

Strength & Balance

Becoming stronger and maintaining health and independence is the focus of this class. With a chair available, exercises to improve strength, balance and flexibility are incorporated in this low impact workout.

BODYPUMP™

BODYPUMP is a fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, and scientifically proven moves to help you tone muscles, improve strength, endurance and burn calories during and after class by boosting your metabolism.

Total Body Conditioning

Total Body Conditioning combines strength training and cardio to help improve muscular endurance. This total body workout uses various exercises in a high intensity interval format to target every muscle group.

H.E.A.T. (High Energy Athletic Training)

A series of short high intensity intervals, followed by low intensity intervals to burn calories and supercharge your workout. Be prepared to be challenged and exhilarated at the end of class!

Cardio-Kickboxing

This high intensity class uses intervals, boxing and kickboxing moves to enhance your fitness routine. An awesome AB routine is included in this awesome class.

Cardiolite

This is a low impact cardio class. The cardio portion is followed by training to improve posture, balance, coordination, range of motion and muscle strength. This is a great class for those looking for a non-dance based cardio workout.

Iron Warriors (Formerly Iron Maidens)

Iron Warriors is circuit strength training class that is open to everyone. Led by personal trainers, you will learn new routines monthly while building strength, endurance and flexibility. This is a great small group training option.

Barre

A combination of Pilates and Yoga inspired by dance exercises. This class is focused around the "ballet barre", where you will stretch, lift and burn!

Pumped Up Strength

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism. Sneakers required!

Mat Pilates (All fitness levels welcome)

This class is designed to improve strength, flexibility, coordination, balance, and posture alignment through a series of body weight exercises. Small apparatus such as balls, rollers, rings, and bands may be used with various mat exercises.

