



YMCA of Virginia's Blue Ridge Group Exercise Class Descriptions (Jan. 2025)

CLASS	DESCRIPTION	EXERCISE	INTENSITY	EQUIPMENT	RESULTS
Active Older Adults Classic (RAY)	Improves joint mobility, balance, stability, strength and muscular endurance. Proper alignment and form is encouraged to prevent injury.	Flexibility and balance	Low	None	Increase flexibility and joint mobility; enhance mental well-being
Active Older Adults Circuit (RAY)	A low-impact, moderate-intensity total body workout.	Strength and balance	Low to moderate	Bands, ball, dumbbells	Increase balance and strength; improve coordination
Barre (BFY, KFY, SFY, YAT)	Shape and tone your body to achieve long, lean muscles.	Toning and balance	Low to moderate	Balls, bands, glider discs, dumbbells, mat	Increase joint flexibility; tone and shape; improve coordination
Body Attack® (KFY, SFY)	a high-energy, athletic and fun workout that delivers functional fitness for everyday life. Designed to appeal to all fitness levels, from beginners through to the weekend athlete.	Cardio and agility	Low to high	None	Improve cardio fitness, endurance, strength, power, and agility
Body Balance® (KFY, RAY, SFY, YAT)	A blend of yoga, Tai Chi, and Pilates that builds flexibility and strength, and leaves you feeling calm and centered.	Yoga, Pilates, flexibility	Low to moderate	Yoga mat	Increase joint flexibility; tone and shape; improve coordination
Body Combat® (BFY, SFY, KFY, RAY)	Martial arts moves with powerful punching and kicking sequences – kick your metabolism up!	Martial arts-based cardio	Moderate to high	None	Increase cardio fitness; improve muscular endurance
Body Pump® (BFY, KFY, RAY, SFY, YAT)	The world's fastest way to get in shape! A barbell class that challenges every major muscle group. Must be 12 years or older to participate.	Barbell strength training	Moderate to high	Barbell, plates, clips, step/risers, mat	Increase strength and endurance; tone and shape; help maintain bone health
Body Step® (BFY, KFY, SFY)	Burn calories and enjoy the moves! Caters to all fitness levels. Adjust intensity by raising or lowering the height of your step.	Step-based cardio	Moderate to high	Step/risers, mat, weights	Increase cardio fitness; tone and shape; improve coordination and agility
Born to Move® (KFY)	Engaging workouts that combine fitness and fun! Tailored to a range of ages and abilities.	Dance, martial arts, yoga	low to high	None	Build confidence, coordination, and strength
Cardio Jam (BFY, SFY)	Move and groove to the rhythm of upbeat music and burn calories at the same time.	Cardio dance	Low to high	None	Increase cardio fitness and improve coordination
Chair Yoga (BFY, SFY, KFY, RAY)	Enjoy the benefits of yoga without the barriers! Seated and standing options with no floor work. Ideal for all abilities.	Flexibility	Low	Chair	Increase flexibility; enhance mental wellbeing
Chair Zumba (KFY)	An exhilarating program that aims to improve overall energy, core stability, and motor skills while in a chair.	Dance moves in a chair	Low to moderate	None	Increase core stability and muscular strength
Circuits & Core (BFY)	45 minutes of low-impact, medium-intensity cardio and strength-training circuits, including standing core work; no floor exercise.	Strength, cardio	Moderate	None	Improve core and overall strength; muscle and cardio endurance
Circuits & Stretch (BFY)	45 minutes of low-impact, medium-intensity cardio and strength-training circuits, followed by 15 minutes of total body stretching.	Strength, cardio, flexibility	Low to moderate	None	Improve strength, cardio endurance, and flexibility
Core Strength & Stretch (SFY)	Work your core with a combination of Pilates, functional stability, and traditional ab exercises, then move into stretching through dynamic movement, functional stretching, and long holds.	Core work, stretching	Low to moderate	Mat, weights, straps, blocks	Increase core strength, stability, and flexibility

Cross Train (SFY, BFY)	Push yourself with a mix of cardio intervals, body-weight exercises, and weight plates for well-rounded health and muscular development.	Interval cardio and strength	Moderate to high	Step/risers, weight plates	Improve cardio and muscular endurance; strengthen and tone
Cycle (SFY, KFY, RAY, BFY)	Riding drills to focus on endurance, strength, and recovery.	Cardio fitness on the bike	Low to high	Indoor stationary bike	Increase cardio fitness; improve muscular endurance
Cycle Fusion (BFY, SFY)	Energize your week with cardio and strength training. A true cross trainer's delight, including Cycle and toning drills.	Cardio, endurance and strength	Moderate to high	Stationary bike, strength equipment	Increase cardio fitness; improve muscular endurance
Cycle Sculpt (SFY)	Get lost in the music during this rhythm-based cycle class that's sure to get your heart pumping! Incorporates traditional riding drills as well as toning exercises with dumbbells on the bike.	Cardio, endurance and strength	Moderate to high	Stationary bike, strength equipment	Increase cardio fitness; improve muscular endurance
Fit Plus (RAY)	A low-impact, low-intensity workout where the structure will be the instructor's choice to keep it fresh and fun.	Cardio and strength	Moderate to high	Dumbbells, ball, bands	Gain strength and increase cardio
Forever Fit (BFY, KFY, RAY, SFY)	A low-impact, low-intensity workout that combines cardio and strength training, as well as flexibility and balance training. Chair options for part or all of the class.	Cardio, toning, balance	Low to moderate	Weight cuffs, resistance bands, chair	Increase cardio fitness, mobility, coordination, and range of motion; improve balance
Gentle Yoga (SFY)	Gentle yoga postures and meditative, restful music to create a calm and refreshed feeling.	Flexibility	Low	Mat	Increase flexibility; enhance mental wellbeing
Go Lo (SFY, YAT)	Low impact class to strengthen your heart and lungs. Improves bone density with weight-bearing moves.	Cardio and toning	Low to moderate	Dumbbells, bands, or balls	Increase cardio fitness, mobility, coordination, and range of motion
H.I.I.T (KFY, RAY, YAT)	A challenging interval workout, using circuits to build strength and endurance through bodyweight exercises	Cardio and strength	Moderate to high	None	Increase strength, cardio and endurance
Hot Barre (YAT)	If you're looking to strengthen, sculpt, and sweat, try this unique combination of ballet-inspired movements, strength training, and cardiovascular exercise. Performed in a room heated to around 90° F.	Sculpting, cardio exercise	Moderate to high	Mat, balls, bands, glider discs, dumbbells	Increase joint flexibility; tone and shape; improve coordination
Hot/Warm Yoga (YAT)	A more intense yoga performed in a room heated above normal room temperature. It can range in temperature between 80-100°F.	Flexibility and strength	Moderate to high	Mat	Increase flexibility; enhance mental wellbeing
Interval Training (BFY)	A challenging interval workout with circuits to build strength and cardio endurance.	Strength and Cardio	Moderate to high	None	Increase cardio
Just Move (BFY)	Movement to music in this all-seated 30-minute class. Wheelchairs and caretakers are welcome.	Limited mobility, every day movement	Low	None	Improve balance, basic motor skills, and joint motion
Les Mills GRIT Athletic® (RAY)	A 30-minute high intensity interval training sports conditioning workout, designed to make you perform like an athlete.	Cardio and endurance	High	None	Increase cardiovascular endurance and overall strength
Les Mills CORE® (BFY, KFY, SFY)	The revolutionary 30-minute core workout program that gets you a tight and toned core!	Core strength training	Low to high	Weight plate, band, yoga mat	Increase core strength; help improve athletic performance; help prevent back pain
Les Mills DANCE® (BFY, KFY, RAY, SFY)	A 45-minute high energy workout that combines innovative dance movements with the latest music to drive energy and motivation.	Cardio and dance	Low to high	None	Increase cardio fitness, mobility, and coordination
Les Mills GRIT Cardio® (KFY, RAY, SFY)	30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.	Cardio and strength	Moderate to high	None	Increase strength, cardio, and endurance through bodyweight exercises
Les Mills Sprint® (SFY)	30-minute high-intensity, low-impact workout where you combine bursts of intensity working as hard as possible, with periods of rest that prepare you for the next effort.	Cardio cycling indoors	Moderate to high	Indoor stationary bike	Increase cardio fitness; improve muscular endurance

Les Mills THE TRIP® (SFY)	A fully immersive virtual cycle class experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. THE TRIP takes motivation and energy output to the next level, burning serious calories.	Cardio cycling indoors	Low to high	Indoor stationary bike	Increase cardio fitness; improve muscular endurance
Let's Dance (RAY)	Give it up with some good old-fashioned dance moves! The class may include salsa, hip-hop, swing, club, and Latin. It's great for all fitness levels.	Cardio dance	Low to high	None	Increase cardio fitness; improve coordination
Line Dance (BFY, YAT)	Come learn line dances to all styles of music. No experience required; includes step-by-step instructions.	Fun dance workout	Low to moderate	None	Improve coordination and cardio fitness
Mixedfit (KFY, RAY)	People-inspired fitness program that combines explosive dance movements with bodyweight toning.	Cardio dance and toning	Low to high	None	Increase cardio fitness and strength; tone the body
Moderate Fit (BFY, RAY, SFY, YAT)	Mid-impact moves help build your cardio endurance. Finish with toning and abdominal exercises for a total body workout!	Cardio and toning	Low to moderate	Dumbbells, bands, bars, or balls, mat	Increase cardio fitness; build strength; improve balance and flexibility
Pilates (KFY, YAT)	Learn and practice flowing flexibility exercises using Pilates and core exercise techniques.	Core strength training	Low to moderate	Balls, bands, light weights; yoga mat	Increase core strength, flexibility, and posture; enhance mental awareness
Power Sculpt (BFY, SFY)	A unique combination of core training and cardio. An upbeat and challenging class designed to strengthen muscles, keep your heart healthy, and burn calories.	Strength training and toning	Low to moderate	Dumbbells, bands, bars, step/risers	Improve muscular endurance and strength; tone and define
Power Yoga (BFY)	Also known as Vinyasa Yoga, a fast-paced style of yoga that focuses on building strength and endurance.	Strength and flexibility	Moderate	Mat	Enhance stamina, flexibility, posture, and mental focus
RPM® (KFY, RAY, SFY)	Ride to the rhythm through hills, flats, mountain peaks, speed work, and intervals.	Cardio cycling indoors	Low to high	Indoor stationary bike	Increase cardio fitness; improve muscular endurance
Rhythm Ride (KFY)	A high-energy indoor cycling class perfect for people who enjoy connecting with the beat of music.	Cardio cycling indoors	Low to high	Indoor stationary bike	Increase cardio fitness; improve muscular endurance
Rise & HIIT It (BFY)	A quick, 30-minute high intensity interval training class that will start your day off right. May include Tabata and AMRAP drills.	Cardio & Strength Training	Moderate to High	Varied Equipment	Improve cardio and strength endurance
Strength & Tone (KFY)	A total body workout using a variety of equipment to tone muscles, improve strength and endurance with low-impact exercises.	Strength training and toning	Low to high	Dumbbells, bands, bars, balls, and mats	Increase cardio fitness; build strength; improve balance and flexibility
Tai Chi (RAY, SFY)	Relaxing exercise class that combines gentle stretching, meditation, and movement to improve physical strength and circulation and promote healthy joints, balance, and lung capacity.	Balance, strength, stretch	Low to moderate	None	Increase flexibility, motivation, and strength to promote overall health
Total Body Sculpt (RAY)	Tone and sculpt your entire body while enhancing the shape and definition of your muscles.	Strength, cardio	Moderate	Dumbbells, bands, mat	Increase strength and muscular endurance; overall toning
Warm Stretch (YAT)	Gentle yoga postures in a room heated to between 80 and 90 degrees, with meditative, calming music to create a calm and refreshed feeling.	Flexibility	Low to moderate	Mat, block, strap	Increase flexibility; enhance mental wellbeing
Weekend/Wednesday Warrior (SFY)	A challenging interval workout, with circuits to build strength and cardio endurance.	Cardio and strength training	Moderate to high	Dumbbells, bands; bars; step/risers	Improve cardio and muscular endurance; strengthen; tone
Yoga (BFY, KFY, RAY, SFY)	Yoga postures and meditation combined to create a mind-body experience.	Flexibility	Low	Mat	Increase flexibility; enhance mental wellbeing

Yoga Flow (BFY)	A blend of yoga and pilates movements that enhances flexibility and body weight strength. This flow-style yoga also includes stretching and core work.	Flexibility and strength	Low to moderate	Mat	Increase joint flexibility and coordination
Yoga Fusion (SFY)	A variety of formats are incorporated into this class (yoga, Pilates, stretching, strength-building and toning) to create a full mind-body experience.	Flexibility and strength	Low to moderate	Mat	Increase flexibility, strength; enhance mental wellbeing
Yoga Sculpt (BFY)	The use of light hand weights enhances the intensity of this yoga class.	Strength training, stretching	Low to moderate	Mat, hand weights	Increase muscle endurance, stamina, flexibility, and strength
Zumba® (BFY, KFY, SFY)	Latin inspired dance that makes you move!	Cardio dance	Low to high	None	Increase cardio fitness; improve coordination
Zumba Gold® (KFY)	Dance program for the active older adult, the beginner participant, and anyone interested in having modifications to the routine.	Cardio dance	Low to Moderate	None	Increase balance, coordination, and cardio fitness

VIRTUAL CLASSES – In person, at the Y, Les Mills virtual instructors leading Body Pump, Body Combat, Body Flow, RPM, and Sh’Bam. Check out the reservations schedule to find a spot that works for you!

WORKOUT SQUADS – Reserve time for you and your friend to take a Virtual Les Mills class in one of our Group Exercise studios. Contact your YMCA Branch if you don’t see any availability that works for you on the reservation schedule.

For your reference:

BFY - Botetourt Family YMCA

KFY - Kirk Family YMCA

RAY - Rockbridge Area YMCA

SFY - Salem Family YMCA

YAT - YMCA at Tanglewood