



## NWABA Workout Descriptions

**Athlete Orientations** – Our hour-long orientations will give athletes the chance to meet other athletes and learn more about, or re-familiarize themselves, with NWABA’s mission, policies, and programs.

**Zumba** – Athletes will complete a warm up followed by Zumba. The session will begin with detailed descriptions of 3-4 dance moves, which will be repeated throughout the duration of a song. The session will include three different songs, each with their own sequence of moves. A team member will provide guidance including when to switch dance moves and what move to dance next! Sessions include both exercise and dance based moves. The session ends with a cool-down. Join in for some fun with music!

**Full Body Circuit** – Are you ready to break a sweat? Participants will complete a warm up, 15-minute TABATA circuit, 5-minute core circuit, and cool down. The TABATA circuit will consist of five exercises that will be done for 20 seconds followed by 10 seconds of rest. The circuit will be completed six times, or for six sets. The core circuit will consist of five exercises. We will complete each exercise for 30 seconds, take a 15-second break, then repeat the exercises for 30 seconds. Each exercise is explained before and throughout the workout. Taking a break for water and when needed is highly encouraged!

**Game Night** – Join us for a fun social time as the day comes to an end! There are separate game nights for youth and adults. The session will consist of 40-45 minutes of social time while participating in virtual



games such as trivia, accessible bingo, and more! Come ready to move and mingle.

**Rise & Shine Yoga** – Start your day with a sequence of yoga poses to gently awaken your body and get your blood flowing. Expect to move your body in a space no larger than a yoga mat. Yoga poses and stretches will focus on flexibility and balance and can be adapted to all levels. Team members will give verbal directions orienting to the yoga mat while demonstrating the poses.

**Core & Glutes** – Get ready to work your core and glutes with our hour-long core & glutes workout! We'll start with a 5-minute warm-up to get ready for the workout. Next, we'll do a 5-minute core circuit consisting of five exercises that we'll go through twice. Our next round of exercises will target our glutes where we'll do a 15-minute TABATA circuit. The TABATA circuit will consist of five exercises that will be done for 20 seconds followed by 10 seconds of rest. The circuit will be completed six times, or for six sets. After our TABATA circuit, we'll do a different 5-minute core circuit and finish with a cool down.

**Yoga Flow** – Reserve an hour of your day for you; to gently stretch your body and breathe. Expect to move your body in a space no larger than a yoga mat. Yoga poses and stretches will focus on flexibility and balance and can be adapted to all levels. Team members and guest instructors will give verbal directions orienting to the yoga mat while demonstrating the poses.



Cardio Power Hour – Get your heart-rate up on Friday’s with NWABA! Athletes will complete a warm up, 20-minute TABATA circuit, 5-minute core circuit, and cool down. The TABATA circuit will consist of six exercises that will be done for 20 seconds followed by 10 seconds of rest. These exercises focus on increasing your heart-rate, while building strength in your arms, legs, and core. The circuit will be completed five times, or for five sets. The core circuit will consist of five exercises. We will complete each exercise for 30 seconds, take a 30-second break, then repeat the exercises for 30 seconds. Each exercise is explained before and throughout the workout. Taking a break for water when needed is highly encouraged!

Final Count Down – Join Stacey for a circuit workout to end the year off strong!

Full Body Flow – Join Stacey for workout that combines yoga and Pilates to flow into the new year.