

Group Fitness Class Descriptions

Spirit, Mind and Body

Belly Dance- Joyful, creative, and empowering art. Combines isolated movements of expression with muscle control to tighten, tone, and shape the body, while providing a low-impact aerobic workout. No previous dance experience necessary! ☺

Pilates – Work to perfect your alignment and posture as you strengthen your core muscles. Become stronger, longer, leaner, and more able to do anything with grace and ease. ☺

Pilates Challenge – A challenging, motivating mat pilates class set to music utilizing bands, dumbbells, and balls. Adaptive to any fitness level. ☺☺

Power Qigong- A more dynamic Qigong for with a focus on core and lower body strength and the building of "Internal Power". ☺☺

Qigong- Gentle movement, deep breathing, self-applied massage techniques and meditation help to stimulate the body's ability to heal itself. Excellent for improving range of motion, flexibility, balance, and reducing effects of stress. ☺

Tai Chi- Ancient practice that incorporates slow breathing, mental concentration, and constant flow of controlled movements with various postures. ☺

Yoga /Sunrise Yoga- A "mind, body" class involving slow movements and "postures". Develop discipline, strength, balance and flexibility. ☺☺

Gentle Stretch Chair Yoga-Focusing on a more gentle yoga flow series to reduce stress and achieve a peaceful & relaxed state of mind and body. Props can be used as we work gently through basic range of motion with strength, stretch & balance postures. Lots of options will be provided & beginners welcome! ☺

Foam Roller-be able to roll out those sore tired muscles during this great stretching and relaxing class. ☺

Active Older Adults Classes

Silver Sneakers®- Circuit- Non-impact standing choreography alternated with safe, fun and effective exercises for upper body strength work. Chair for standing support "head to toe" stretch and complete relaxation in a comfortable position. ☺☺

Silver Sneakers® - Classic-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and ball are offered for resistance; and a chair is used for seated and/or standing support. ☺

Silver Sneakers® Tai Chi- Strength, Flexibility and Balance. This class will include Qigong exercises to improve strength in the legs, back and core; improve flexibility in the knees, hips and shoulders and improve balance and coordination. In other words – exercises to reduce the risk of falling. ☺

EnhanceFitness® Evidence-based group exercise program that uses simple, easy to learn movements that motivate individuals with arthritis to stay active throughout their life. EnhanceFitness® participants overcome the obstacles of living with arthritis and revitalize their well-being within a safe community of support. ☺

Water Classes

Water Works- A cardio and strength workout in the shallow end of the pool. ☺☺

Aqua Zumba®- Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together. Safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. ☺☺

Gentle Water and Stretch-An easy water class which will incorporate stretching and easy water movements. ☺

Raging Water and Stretch- Using the resistance of the current pool, you will gain muscle as well as core strength using low impact movements. To top it off, you can look forward to the gentle stretch finish. ☺☺

Aqua HIIT – high intensity cardio intervals, one of the most efficient way of turning fat into muscles. Class will utilize variety of equipment and work against water resistance. ☺☺

Muscle Conditioning

HIIT- This class will utilize a wide variety of equipment with athletic based drills and skills. A high intensity workout-cardio/strength. ☺☺☺☺

Group Strength- An all-out workout that builds muscle strength and endurance; using a variety of equipment. ☺☺

Hard CORE Challenge- Work your abdominal and back muscles hard. This class is advanced and will push you to limit. ☺☺☺

Powercut – Mix of cardio and toning exercises designed to get your heart pumping while working a variety of muscle groups. ☺☺☺

Barre Bliss-A full body bare foot sculpting class with ballet, pilates, stretching, & strength exercises using a chair & various exercise equipment ☺☺

Fitness 101 – Designed for people who never taken group Fitness Classes and are unsure where to start. Class design helps participants ease into the group fitness experience, to motivate and support those who are willing take "the first step" towards healthy lifestyle. ☺-☺☺

Cardio

Cycle – Indoor cycling fun...BIG cardio workout that challenges both your aerobic and anaerobic energy systems and builds muscular power and endurance. ☺☺☺

Intro to Cycle –for the beginner- ease into our cycle class ☺

Outside Cycle Group – Meet at the front door of the YMCA. Bring your own bike. Helmets required. Open to public.

TurboKick®- Kickboxing at its best. Choreographed to music. High energy cardio workout. ☺☺☺

Zumba®I- Perfect for the beginner! Dance and have fun with easy to follow motivating, high-energy music and unique Latin style choreography ☺☺

Zumba®II- Dance away your worries with motivating, high-energy music and unique Latin style choreography. ☺☺☺☺

Zumba®II Women's Only- This class is open to women only. Come enjoy dancing and have fun in a private environment. A high-energy music and unique Latin style choreography. ☺☺☺☺

Cardio Complete- fitness class combines dance, strength training, Pilates, yoga and kickboxing, so you can get it all in one workout!

The 1st 30 min is easy to follow dance cardio movements the 2nd half is strength training. Dance and have fun to upbeat music and burn up to 600 calories in one 55-minute total body workout ☺☺☺.

Cardio Mix- Variety of cardio types of classes-A great way to mix up your routine while getting a wonderful cardio workout. ☺☺

20/20/20- This class is a combination of all your favorite classes. This class will focus on two cardio routines from bounding, boxing to dance and one Strength/Conditioning module. Burn up to 800 kcal! ☺☺☺-☺☺☺☺

Dance Fusion II- cardio workout that utilizes a mixture of pop, rock, country, world, many more styles of music to get your body moving and your blood pumping! If you enjoy Zumba® this class will also be a favorite! ☺☺☺

Cycle Boxing & More- a 45 minute adventure using a variety of exercises and equipment. Whether you are just beginning your fitness journey or are an avid gym rat. The group will work together to support each other's journey. Expect some biking, running, walking, jogging, interval training, strength training and more. A mixed bag every week. Come join this adventure and take your fitness to the **NEXT LEVEL..** ☺☺-☺☺☺☺

Line Dancing- Choreographed low impact cardio, danced to a wide range of music; fun for all ages and abilities! ☺☺

PIYo Strength-Strength class blended with Yoga and Pilates movements to create a rhythmic flow of choreography to music. ☺☺-☺☺☺

Family Classes

Family Yoga-A Fun Family class that will help you and your child learn basic yoga positions. This class will enhance flexibility, core strength, stability and balance. The instructor will tailor the class to they age and abilities of the families that come each time.

Low Intensity ☺/☺-☺☺

Moderate Intensity ☺☺

High Intensity ☺☺☺/☺☺☺☺

All classes begin with a warm up and end with a cool down and stretching. Most classes include abdominal work. Please make the instructor aware of any physical limitations you may have before the class. Remember to pace yourself and stay at your own level. Don't forget to drink plenty of water. Regular physical activity is necessary to develop and improve all components of fitness: cardiovascular, muscular endurance, strength, and flexibility. Classes are open to individuals 13 years of age and older. Athletic shoes and clothing are required.