



GROUP EXERCISE DESCRIPTIONS

Enjoy more than 140 group exercise classes each week. There is something for everyone. Classes open to ages 13 and older. 10 -12 years need to be accompanied by an adult. Please see our youth group exercise classes on the reverse side for classes appropriate for youth under 13 years old.

LAND-BASED CLASSES:

BOXING: This is a skill-based class built around movement and flow. All skill levels welcome. Boxing gloves recommended but not required.

CYCLING (SPIN): Test your cardio fitness while you tour flat roads, climb hills, sprint and race through varied terrain in this self-paced cardio workout to music.

FIT HAPPENS: High energy whole body conditioning combining strength, cardio and core.

HARD WORK CONDITIONING: Challenge the routine, push your body, feel the results with this conditioning class that combines unique and effective strength training with intense cardio intervals. It is fun, friendly and tough. Recommended for the intermediate to advanced exerciser.

HIFT INTERVALS: High Intensity Functional Training. This interval class will increase your cardio endurance, tone and burn calories with fun and fast-paced boot camp style exercises.

HOURLY OF POWER: This total body training class combines strength training and cardio using functional fitness training and various equipment. All levels of fitness are welcome to train together to challenge yourselves to new levels of strength, endurance, balance and coordination.

INSANITY: This workout uses high intensity intervals and has been designed to give participants a safe, challenging, and results-driven experience. Recommended for the intermediate to advanced exerciser.

PILATES: Experience this unique body conditioning routine that seeks to build flexibility, strength, endurance, and coordination; will sculpt and strengthen the core.

PILATES/YOGA: Merging yoga and Pilates together to help you develop core strength, tone muscles, increase flexibility, and help reduce stress.

PIYO: PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up, including your results by introducing you to dynamic, athletic, and music driven flowing sequences.

PUMP: 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. All fitness levels welcome!

RADIANT BREATHWORK: During this class you will be guided through a breath work practice that is attended to assist you in experiencing a sense of deep relaxation, increased vitality, and inspiration to live a life filled with vibrant health and well-being.

ROCK BOTTOM: Are you ready to transform your lower body? This unique lower body conditioning class will help you build strength, endurance, and flexibility. Class focuses on the legs, glutes and those "hard to reach" places.

SENIOR FITNESS: This class combines warm ups and full body exercises followed by standing core work and ending with balance and a cool down. This class is perfect for the senior population, those with previous injuries, new to exercise, or needing low impact.

SENIOR STRETCH: Simple stretches and exercise using a chair for support and stability. Low impact movement and guided relaxation. Great for seniors and those with limited mobility.

TABATA: Get ready to sweat! Increase your cardio endurance and burn calories in this fun, fast paced, high intensity interval class. Interval moves will be alternated with periods of rests. Recommended for the intermediate to advanced exerciser.

TOTAL BODY WORKS: Is a full body, cardio workout that will hit those spots you want to work on and the ones you didn't know you had! Using bar bells, kettlebells, and bodyweight you'll sculpt your way to your best.

WOMEN'S LIFTING: Gain muscle and improve your shape and curves! This class is different than most group classes. Rather than doing a lot of reps with light weights, this class is held in the weight room where participants lift heavy weights for fewer reps. Recommended for the intermediate to advanced exerciser.

YOGA: The Y offers a variety of yoga classes for all fitness levels. Our general YOGA class helps improve flexibility, strength and balance while enhancing your posture, coordination and mental focus and is open to all fitness levels. The GENTLE OR BEGINNING yoga is a less intense class, useful for those who are not as flexible or new to yoga. The Y's ADVANCED YOGA class is a challenging workout recommended for experienced yoga students. POWER YOGA is a vigorous, fitness-based approach to Vinyasa-style yoga focused on flexibility and strength. Recommended for the intermediate to advanced yoga student.

YOUNG AT HEART: Low impact aerobics, weight-bearing and lower body exercises. Geared to the "above 39" age group or for those needing a slower paced class.

ZUMBA: Routines feature interval training where fast and slow rhythms are combined to sculpt the body, burn fat, and make exercising fun. ZUMBA TONE involves an innovative muscle training protocol with the addition of toning sticks. Our ZUMBA GOLD is the same amount of fun, with low impact on your joints!

AQUA AEROBICS:

AQUA AEROBICS: An energetic and invigorating class that combines aerobics, strength and flexibility training for a total body workout.

AQUA ARTHRITIS: This program includes exercises to improve the participant's overall function and performance of daily tasks, mobility, gait, flexibility, balance and coordination. Low intensity endurance such as walking is included to prevent chilling.

AQUA ZUMBA: Aqua Zumba makes exercising seem like a pool party! Using mostly Latin music rhythms such as merengue, cumbia and salsa, Aqua Zumba incorporates dance and fitness moves and makes it fun for anyone who wants to exercise in the water.

H2O POWER HOUR: Discover an invigorating and energetic aqua aerobics class! This extraordinary class will challenge your cardiovascular endurance levels and includes emphasis on muscular conditioning. (Interval training is incorporated into Thursdays' class with 4:1 cardio/active rest intervals). This class is recommended for intermediate to advanced participants.

AQUA PILATES: This class relies on the resistance, buoyancy, and gentle movement of water to increase flexibility, balance and strength. Aqua Pilates focuses on stabilizing the body's parts through the core muscles.

YOUTH GROUP EXERCISE:

Our youth group exercise classes are fun and appropriate for kids under 13 years old. You are welcome to sign in your children and enjoy a workout of your own! Youth ages 13 and older are welcome in all of our group exercise classes.

CREATIVE EXPERIENCES: Using your five senses with sensory art projects that are more than just hands on that are pleasing to your eyes. 2 ½ to 5 year olds.

FAMILY KICKBOXING: A great mix of cardio conditioning, self-defense, important kickboxing techniques and best of all, fun! Younger participants are welcome with an adult. Bringing your own equipment is not required but bringing workout gloves is recommended.

GYMNASTICS: Participants get moving and have fun while learning basic, age- appropriate skills and drills on floor, beam, bar, spring board , strength and conditioning skills and games. PARENT AND ME GYMNASTICS: Parents and instructors work together to help our little ones learn, grow, and thrive. GYMNASTICS/DANCE: Twirl and thrive in this fun and upbeat class for girls where gymnastics meets dance.

KIDS COOKING: Fashioned to help children from the ages 5 – 12 to develop healthy habits they will carry with them throughout their lives. Children gain daily life skills through chopping, measuring, cleaning up and tasting their creations.

KIDFIT: This class is focused around games and exercises that show kids that exercising can be fun! It gets young kids moving, increases lung capacity, burns fat, and increases flexibility and balance.

LIL CHEFS: A fun and educational cooking class for young children. Kids will participate in food preparation and will learn skills like cooperation, following directions, shapes, motor skills sensory explanation and much more.

MUSIC & ME: Music Programs at the Y stimulate personal growth, creative expression, and skill development through hands on learning. This class incorporates movement while introducing music to children.

OPTIMAL WEIGHT TRAINING: An informal group located in the weight room with personal trainer Dale Maynor focusing on weight lifting and proper technique. 10+ years. Families encouraged.