



GROUP EXERCISE DESCRIPTIONS

Enjoy more than 100 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. For youth under 13 years old please see our youth group exercise classes on the reverse side.

LAND-BASED CLASSES:

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 upper body strength, cardio, and core.

GROUP POWER: A results-driven weightlifting class using a barbell, plates, and body weight. Get ready to get muscle and movement strong.

WEIGHT TRAINING INTERVALS: Challenge the routine, push your body, and 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.

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.

HIIT: High-Intensity Interval Training at its best; fast-paced circuit workout incorporating weights, core training, and cardio to increase speed and power.

HEAVY LIFTING: Gain muscle and improve your form! This class is different from most group classes. Rather than doing a lot of reps with light weights, this class is where participants lift heavy weights with fewer reps. Recommended for the intermediate to advanced exerciser.

FULL BODY STRENGTH: This class combines aerobic warm-ups and full-body exercises incorporating balance, followed by core work and ending with an extended cool down. This class is perfect for the senior population, those with previous injuries, those new to exercise, or needing low impact.

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.

START WITH STRENGTH: Gain strength, endurance and confidence doing full-body strength training using various gym equipment including dumbbells, barbells, bands, steps, boxes and balls. Recommended for beginner through intermediate exercisers

BEGINNER HIIT: This class is aimed at those looking to get into HIIT training. With shorter work periods and longer recovery, ease yourself into this popular style.

INTRO TO STRENGTH: Based on the traditional principles of weight training, this class will lead you through the basics and progressions of Strength Training. Build confidence and efficacy as you build muscles and bone density.

CHAIR STRENGTH: A chair-based strength and mobility class for those who may be balance-challenged. Wrist and ankle weights available for anyone with arthritis.

POUND: A 45-minute group fitness class that combines cardio, strength training, and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix™, participants can expect to burn between 500-900 calories per class and will be performing over 15,000 reps per session!

YOGA:

YOGA: Helps improve flexibility, strength, and balance while enhancing your posture, coordination, and mental focus and is open to all fitness levels.

GENTLE YOGA: A less intense class, useful for those who are not as flexible or new to yoga.

BUTI YOGA: Sculpt your full body with this fast-paced yoga practice fused with plyometric, dynamic movement, and deep core engagement! Suitable for teens and intermediate to advanced exercisers.

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

GENTLE PILATES: A less intense version of Pilates, useful for those who are not as flexible or new to Pilates.

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

BARRE: A workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

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

YOGA FOR STRESS: This class will focus on relieving stress, tension, and anxiety through connection to breath, meditation, and practicing non-judgment of ourselves and others. This class will help to counter your stress response system and provide tools and techniques to manage stress.

FOAM ROLLER: A stress relieving class that helps to alleviate muscle soreness, builds abdominal endurance and stretches out the body.

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 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: Where exercising seems 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.

AQUA HIIT: A 45-minute class with challenging intervals to raise your heart rate, increase endurance, and improve strength.

YOUTH GROUP EXERCISE AND ENRICHMENT: Ages 0-12

FUN & FIT: This class is geared towards youth 6-12 years old and 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.

CREATIVE MOVEMENT: Explore holistic and individual movement skills to music and rhythm in a playful manner with the use of commonly used gymnastic equipment such as balls, hoops or a rope.

HIIT JR: An introduction to basic exercise movements in a HIIT format with games incorporated for fun and excitement.

DISCOVERY PLAYGROUP: Introducing to and familiarizing children with the idea of a classroom in an engaging way through music, movement, crafts, and reading. It's gentle and fun, perfect for ages 2-5!

MUSIC AND ME: Music Programs at the Y stimulate personal growth, creative expression, and skill development through hands-on learning. This parent/child class incorporates movement while introducing music to children and creating a fun connecting experience for you and your child.

LITTLE TUMBLERS: Let your children explore obstacle courses and more with this introduction to movement class. Appropriate for ages 1-5 years. Hang out as your kids play and you socialize with other parents.