



GROUP EXERCISE DESCRIPTIONS

Adult classes are for ages 13+ (ages 10-12 may attend if accompanied by an adult). Youth classes are for ages 0-12.

LAND-BASED CLASSES

BOXING: Learn boxing punches and footwork in this fitness-focused skills class for beginners to advanced skill levels.

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

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.

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

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

HARD CORE: A 30-minute class focused on training your middle. With standing core moves, some planking, and mat work these functional moves will reduce back pain and sculpt your body.

HEAVY LIFTING: Recommended for the intermediate to advanced exerciser, this class will help you gain muscle and improve your form by lifting heavy weights with fewer reps.

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

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!

ROCK BOTTOM: This unique lower-body conditioning class will help you build strength, endurance, and flexibility, focusing on the legs, glutes, and those "hard to reach" places.

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

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.

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 rhythm helps sculpt the body, burn fat, and make exercising fun.

YOGA, AQUA AEROBICS, AND YOUTH GROUP EXERCISE AND ENRICHMENT ON BACK

YOGA AND PILATES

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.

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

MEDITATIVE YOGA: A 45-minute gentle yoga class followed by a 15-minute guided meditation.

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 balance, and help reduce stress.

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

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.

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

ADULT OPEN SWIM/WATER WALKING: An instructor-free time for adults to move through the water at their own pace.

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.

YOUTH GROUP EXERCISE AND ENRICHMENT

DISCOVERY PLAYGROUP (ages 3-5): 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 3-5!

FUN & FIT (ages 6-12): 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.

LITTLE TUMBLERS (ages 1-5): 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.

MUSIC AND ME (ages 0-5): 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.