

Group Exercise Class Descriptions

Aerobics

Above The Belt

Strength training for the upper body and abdominal work. Class utilizes dumbbells, medicine balls, bands and mats.

Beginner Strength Training

A great way to increase bone density to fight the effects of osteoporosis. We use light weights, chairs, and other equipment to increase muscle strength and endurance.

Bootcamp

Cardio drills, calisthenics, weights all in one extreme workout! Get ready to burn some calories.

Bosu Blast

A great workout that will get your heart pumping. We use a Bosu Ball, dumbbells medicine balls, and mats with this workout.

Cardio Kickboxing

Combinations of punches and kicks are incorporated to provide a great cross-training class. Optimal cardiovascular and muscular conditioning benefits are obtained from this power- packed workout.

Circuit Training

A mixture of stations for upper and lower body strength training. Designed to keep your heart pumping throughout the workout.

Hip Hop

A fun way to get your heart pumping. Enjoy contemporary music and fun moves to get a great workout..

Kickboxing/Step combo

Hi energy kickboxing followed by an interval step segment.

Low Impact Aerobics

Geared to a more “senior” population fitness with fun, energy, and substance. Don’t let the name fool you. All are welcome. (Suitable for new participants just beginning an exercise program).

Pilates

Pilates is core-based strengthening work combined with Yoga poses, stability ball work, toning, meditation and relaxation.

Total Body The energy never stops with this unique blend of cardio and strength work. May include hi impact cardio intervals

Zumba

Ditch the Workout and join the party. A fusion of Latin, American, African and modern music to dance away the calories

Studio Cycling

This class consists of a combination of flats, hills, drills, lifts, and recovery stretches. Both aerobic and anaerobic energy systems are combined to create an awesome training session. Appropriate music is played to help motivate you through the ride.

Aqua Fitness

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A soft water workout is great for those requiring low-impact activities. Work your body through “full range of motion” water exercises using the large muscle groups to burn fat and tone up. Excellent workout with minimal joint stress!

Warm Water Conditioning

A class based around the principles of traditional water exercise but done at a lower intensity. Working through full range of motion with light and easy aerobic moves, this class will help increase flexibility and balance with minimal joint stress.

YMCA Pool Arthritis Class

This program focuses on increasing range of motion, strength, coordination and balance. Light and easy aerobic moves, walking, toning and flexibility exercises are included in this class with modifications if necessary.

Yoga

Self Care Yoga

A variety of guided yoga postures with detailed instructions and modifications given for individual needs. This class is appropriate for all levels including beginners.

Hatha Yoga

Kripalu Yoga is an approach to asana practice that emphasizes meditation and breath work. It is a flow of postures with emphasis on body awareness, alignment and coordination of breath and movement.