

Description of Group Exercise Classes

Ab Blast: All levels welcome; Join us for 10-15 minutes of exciting exercises focused on your abdominal strength and endurance!

Body Sculpt w/Cardio Intervals: All levels welcome; Utilizing weights, bands, balls and your own body weight, this class is designed to improve functional strength, body composition, coordination, and balance by offering 55 minutes of full body integrated resistance training mixed with short, cardio bursts. Balance, joint stability, and core strength are all achieved through movements with purpose!

Body Sculpt Light: Designed for the new or returning exerciser, this class is designed to improve functional strength, body composition, coordination, and balance utilizing light weights, bands, balls and your own body weight.

The Body Shop: Designed for the new or returning exerciser, this no choreography, easy-to-follow class will mix cardio, resistance and core training all in one. Plus, you'll get a nutrition tip with each workout!

Boot Camp Ball: All levels welcome; Mixing cardio and resistance training, this class will give you a great workout utilizing the ball!

Cardio Light: Designed for the new or returning exerciser, this class offers basic step (optional) and cardio training to fun music!

Cardio Circuit: All levels welcome; this class combines cardio and weight training using stations such as jumping rope, running, stairs and drills, along with weight training stations.

Cardio Fusion: All levels welcome; Strictly cardio – this class offers various forms of cardio including step, hi/lo, kickbox, drills and more for a high energy workout.

Circuit Sculpt: All levels welcome; A cardio and sculpting circuit will work every muscle!

Cycle: All levels welcome; our top notch bikes are ready for you to get on and take an amazing ride to better cardio fitness! Limited to the first 14 participants.

Cycle Boot Camp: All levels welcome; An intense cycle workout mixed with outdoor running and boot camp drills!

Cycle Circuit: All levels welcome; This workout will mix cardio intervals on and off the bike. Join us for a great combination of indoor cycling and land intervals!

Cycle/Run: All levels welcome; Join us for a combination of indoor cycling and outdoor walking/running for a great cardio workout!

Family Zumba: All levels welcome; this class offers Latin dance moves in a fun and laid back environment – no dance experience necessary!

Gentle Yoga: Designed especially for the new or returning exerciser, this class provides core and balance training utilizing stretches and poses for flexibility. This class is a great way to increase flexibility and strength while releasing stress!

Gentle Pi-Yo: Designed especially for the new or returning exerciser, this class mixes yoga and pilates exercises together to improve muscular strength, endurance, flexibility and balance!

KidFit: Six to Twelve year olds welcome (parents must be in the facility during class time); incorporates fun and fitness with a kid-friendly mix of games, cycling, dance, circuits, and more!

Pi-Yo: All levels welcome; this class combines pilates and yoga exercises for a challenging hour of flexibility and core training.

Pilates: All levels welcome; this class focuses on Pilates mat exercises achieving a great core workout!

Power Yoga: Intermediate to Advanced levels; this yoga class focuses on strength and flexibility poses moving at a faster pace.

SilverSneakers[®] - Muscle (Muscular Strength & Range of Movement): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living!

SilverSneakers[®] - Cardio (Cardio Circuit): Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography!

Step (Int. – Adv.): Some step experience necessary; This class utilizes a step bench (optional) with choreography to fun, inspiring music!

Step Interval: All levels welcome; This class provides an intermediate step workout that includes strength training utilizing intervals and drills.

Total Body Conditioning: Designed for intermediate to advanced fitness levels; This challenging, high intensity 45-minute workout is design to push your fitness limits. This class includes cardio and resistance intervals as well as conditioning drills and plyometrics. Abdominal and core training also included!

Walk & Roll: All levels welcome; This all cardio class begins with an outdoor (weather permitting) 30 minute walk, jog or run through the neighborhood streets around the YMCA followed by 30 minutes of cycle.

Y-Not Sunday: All levels welcome; Utilizing easy-to-follow cardio and strength exercises, this class will target every muscle of the body. Why not workout on Sunday?

Classes with low attendance are subject to cancellation.