



GROUP EXERCISE

The mission of the YMCA is to put Christian values into practice through programs that build healthy spirit, mind and body for all. Income based membership and financial assistance is available.

INTRO TO GROUP EXERCISE- Let us Orient you to one new group Exercise class format each month. The 45 minute class will consist of 15 min orientation to the format, 30min workout & 5-10min question & answer time.

Sept 4th at 10:30am Orientation Class **TONE n SCULPT**

ABS/THIGHS& BUNS- Want to strengthen and tone those problem areas? This is a great workout that targets the lower body with moves to strengthen and tone using the bosu balls, medicine balls and strength bands.

ASHTANGA YOGA- A challenging Ashtanga inspired vinyasa yoga class. We will draw on postures from the First and Second Series of the Ashtanga system, including sun salutations, standing and seated poses, twists, arm balances, backbends and inversions.

BALANCE & BEYOND - Improve your core stability and balance by using equipment like Bosu balls, weight bands and medicine balls

BALL-OGITIES-This is a class that combines Pilate movements with the use of the fitness ball. You will increase total body strength/flexibility and definition to your abdominal. If you are looking for a work-out to help get you get leaner is the workout for you.

BENCH BLAST- A fun combination of cardio and strength for a full body workout! Uses all the different equipment.

CASUAL CRUISERS-This cycle class has a 15 minute primer that will teach you all you need to know to take our Indoor Cycling classes. You'll be shown how to properly set up your bike and learn the techniques to help you have a fun and safe ride!

BIKE BLAST! High Intensity, heart-pumping, calorie-burning 45 min spin set to keep you moving thru hills, sprints & intervals

BODYSULPT- a perfect blend of cardio moves and free-weight training, performed at a pace that will get your heart rate soaring and provide a full body toning & cardio workout! A class for all levels.

BOXERCISE - Want to train to box, but not fight? This class is for you! This class uses all the high-cardio endurance exercises that athletes use to get their body in 'fighting' condition.

CORE TIME-15 mins of core conditioning exercises that tone your mid section, helping to prevent injury & improving function.

CARDIO BLAST-This workout allows students to achieve the benefits of cardio fitness and rapid muscle tone!

CARDIO FUSION-No fancy footwork! This class blends a variety of cardio formats (kickboxing, jump rope, boot camp, core board) for an energetic calorie-burning workout!

CARDIO KICKBOXING - Applying kickboxing moves to fun and energetic music that will push you to a new level of training

CARDIO KICK & BOX- Mixture of cardio kickboxing and boxing exercises for a fun and calorie burning workout!!

DANCE GROOVE!- A Series of dance moves designed to increase the Heart Rate while having fun!!! :-

EXPRESS KICK---This is a fun short 25 minute cardio class that gets your heart pumping in half the time! Great for beginners!

FITNESS YOGA-Designed to improve the health, performance, and mental acuity of athletes and individuals interested in improving their level of fitness. This yoga- based work out will increase your conditioning and help you feel your best!

GET UP!- A unique blend of strength, cardio and core to challenge the heart and body. Lead by certified personal trainer.

HIGH NRG CYCLE- This Exciting cycle class is full of energy! A killer cycle workout led by a VERY enthusiastic instructor!

HOOP DANCE: We will hoop at the waist, hips and off the body while moving and dancing with a hula hoop. No prior hula hooping experience needed; just come ready to have fun!!"

INDOOR CYCLING-Non-impact, cardiovascular workout performed to music on specially-designed stationary bikes. Instructors take you on a physical and mental journey, simulating a bike ride through hills and valleys. While climbing, sprinting and cruising, you will build endurance while challenging your mind and body.

JAM ZONE- Get fit with a jamming & intense, full body workout. Hip-hop, salsa, jazz, reggaeton, and more! Learn short, energetic combinations for any level. Don't forget a towel!

KID FIT--- This is a fun workout for kids!!! They play fun fitness games, learn sports drills and learn fun CATCH exercises to stay healthy & fit!

MOMMY&ME ZUMBA- Have fun and burn calories as a family! This is a Zumba class designed for the entire FAM!!!

Nutrition Fitness Program- This program combines Nutrition and Fitness. Starts with 15minutes on Nutrition and ends with 45 minutes of exercise with a certified nutritionist and personal trainer.

NIA!!-Nia combines movements from the **Dance Arts** (Jazz, Modern Dance, Latin), the **Martial Arts** (Tai Chi, Tae Kwon Do, Aikido), and the **Healing Arts** (Yoga) into one fantastic **Cardio Dance Fitness Class**.

All Nia movements are adaptable and can be personalized for any level of fitness and agility. (60 min).

PERSONAL FITNESS PROGRAM- This is a six week program that coach exercise beginners to learn healthier habits.

PILATES-is an effective way to build strength, stamina, and flexibility using the body's natural resistance

PI-BOX- Come try out this new blend of Pilates and Boxing. Great for beginners interested in learning both formats!!

PIYO- is a fusion of Pilates and Yoga which involves dynamic and fluid movements. This workout will help you increase strength, balance and agility. Perfect for those looking for a mind/body class that's about more than just stretching!

POWER FLOW YOGA-Increase flexibility and muscle tone, build strength, and open the body through flowing poses that are linked to breath. Raise awareness and focus with this challenging yoga practice. Choreographed with modern music

PUMP IT UP! Circuit Training – A class that utilizes the 4th floor fitness area by using various stations concentrating on toning and stamina. Burn a load of calories while you sculpt and tone the body using easy to learn exercises

RHYTHM&BOX- An exciting class with hip hop music combining Boxing and Hip hop dance!!

RIDE, RUN & LIFT-This workout starts with cycle from 9-9:30am, then you get 5mins to switch out and start alternating intervals of cardio and strength (9:35 10am). The cardio is drills and NOT choreographed. MOST IMPORTANTLY YOU CAN DO ALL OR PART OF THE ENTIRE WORKOUT!

SPINNERVALS- Cycle class designed for all levels incorporating intervals and fun music!

SENIOR EXPLOSION- This workout is geared towards active older adults who want to increase their muscular strength and increase their range of motion and activity for daily living skills. EXPLODE into a better & healthier lifestyle!

STEP N SCULPT- Get a full-body workout by moving to choreographed STEP moves, lifting weights and learning resistance training exercises.

STRENGTH PUMP-2 to 3 min timed intervals of strength training each muscle group with 1 min cardio intervals in between each muscle group.

STRICTLY STRENGTH- Strength training using all the different strength equipment: barbells, free weights, bands and bosu balls! Great for toning!

TONE n SCULPT- Toning class to sculpt every part of your body using a variety of different equipment.

TAI CHI (BIA) Relieve stress, develop dexterity, and balance through Tai Chi, a form of martial art now taught for health improvement that emphasizes relaxation, deep breathing, and a coordinated physical structure. The movements are slow, circular, and continuous

VINYASA FLOW YOGA is a breath-based class, taking you through a warm up designed to bring you into the present moment and moving into a series of poses. All levels can participate ! The combination of focus, breath and intensity will leave you feeling fabulous!

YOGA-Thousands of years old, this system will bring harmony to the body, mind and spirit. Yoga can help you reduce stress, gain flexibility, improve your physical fitness and feel even better about yourself!

XPRESS KICKBOX- this is a short, fun 25 minute cardio kickboxing Class! Great for beginners who want to try kickboxing.

ZUMBA-Add some sizzle to your week with this fun, new Latin cardio dance workout. You'll have so much fun, you might even forget you're working out! It is a fusion of Latin and International music that utilizes easy to follow dance steps to increase the heart rate!!