

YMCA Class Descriptions

Please note that not all classes will be offered every month.

Line Dancing: This popular class will keep you moving with fun dance steps performed to a variety of music. Line dancing is both fun and it is great exercise! **Advanced Line Dancing** takes line dancing to another level of difficulty for the experienced line dancer.

Zumba: Find your groove in this class. Zumba is the latest fitness class explosion!! This Latin style dance class will get you moving! The music is fast and fun-this class will get your hips grooving!

PowerCut: PowerCut uses weighted bars and/or dumbbells to build strength and endurance. This class is designed to include lighter weights with additional repetitions to build muscle tone without bulking up. Each student decides the amount of weight that is ideal for them. This class offers a terrific way to build muscle and increase bone mass.

RX Fitness: A class designed with **seniors** in mind. This class is ideal for someone who is recovering from an injury or illness. Chairs are provided to help the student stay comfortable and stable while regaining strength.

Boot Camp: Boot Camp is designed by police officers and fire fighters to give you the ultimate cardio and strength workout. This class incorporates stations to get a full body workout.

Deep Stretch: This is the perfect class if you have been in rehab or have not exercised recently. This class will help you regain flexibility without being too challenging. Deep stretch is a great class to try before attending a regular yoga class or in addition to a regular yoga practice.

Pilates: This class includes Pilates breath work, as well as, controlled movements of the body. Pilates is a terrific class to build strength through the core and gain flexibility through the entire body. All levels may attend but we encourage those that have never taken a pilates class to attend a beginner class prior to this class to get familiar with the breath work and alignment.

Core Form: Core Form is similar to pilates but this class focuses on total body conditioning exercises that are different from the traditional pilates movements.

Step: This is a wonderful class to increase your heart rate and build muscle. The class integrates the step for cardio, resistance training and mat time for ab work and stretching. Interval training (alternating step and weights) may be added to keep the class fresh and the calories burning!

Dance Fusion: Dance Fusion is a funky blend of Latin, street and hip hop moves designed to get your hips moving and bring fun back into your fitness routine. From Cha Cha & Mambo moves to Latin stomps, dance combines with aerobic routines to create Dance Fusion; a fun and energetic class designed to help you burn calories, tone up and improve your Cardio. Aiming to get your heart rate sky-high, the instructor will guide you through the paces, which means anyone can do them, beginner or advanced!

Body Blast: Body Blast is a 35 minute toning class using weights, kettlebells, bands, etc.....a different class every time! Perfect for the working person that wants some activity during lunch!

Butts, Guts and Thighs: This class focuses on the problem areas that most of us share. It will build long, sleek muscles while burning unwanted fat and calories.

Aerobics: Aerobics has been around for a long time because it is a tried and true way to build endurance and shed calories. Our instructors continue to keep this workout current with new routines and lively music.

Yoga: Yoga combines breath work, balance, flexibility, and strength. All levels may attend but we encourage students who have never practiced yoga to attend a beginner level class prior to this class. **Gentle Yoga** is yoga at a very slow paced that includes gentle postures and stretching. **Beginner Yoga/Pilates:** These classes are usually offered once a month or as a series to get new students familiar with the alignment and breathing of regular yoga/pilates classes.

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Level 2 Yoga: If you have been taking yoga for a while and would enjoy learning more challenging postures, this is a great class and will help take your practice to a new level.

PiYo: A blend of Yoga and Pilates-All levels welcome.

Yin Yoga: A passive style of Yoga that is designed to open up deep connective tissue.

Power Yoga: This class is designed for those that have wanted to try yoga but thought it may be too slow or not challenging enough. It is the perfect class for those that are in good physical condition but would like to increase their flexibility.

Cardio Pump/Weights/Abs: This is a class designed to work all of the muscle systems of the body. The format is designed for members that can only stay for 30 minutes or an hour.

Low Aerobics: A moderately paced class for participants looking for an “in between” level of movement....not too fast...not too slow. The class format will feature light cardio, free weights, ab work and flexibility training. This class is perfect for someone new to group exercise.

Indoor Cycling: This class provides a challenging low-impact cardiovascular exercise performed on a stationary bike in a class setting. The instructors use motivational music to lead participants in different types of cycling routines designed to simulate hill climbs, sprints and interval training.

Kettle Bells: Our Kettle Bell class combines cardio and strength training in one workout with the use of one tool-a kettle bell. As a participant, you will experience cardio conditioning and build muscular strength and endurance while burning the maximum amount of calories. Proper form and technique are required and will be reviewed at the beginning of each class.

Jump, Pump and Spin: This class begins with a 30-35 minute spin class and then adds plyometric intervals, power yoga and pilates style exercises. This 75 minute class will help you reach all of your physical/weight goals!

Interval Fusion: This high-energy 45 minute class combines strength work using your own body weight (or light weights) and combining it with high intensity intervals for burning the maximum amount of fat.

MELT: This class uses balls and rollers to help prevent pain, heal injury and reduce the effects of aging. This class uses neurofascial techniques that will bring your body back to a more ideal state by directly enhancing body awareness, rehydrating connective tissue, and quieting the nervous system. The class incorporates core strengthening and stretching to help build a strong foundation for a healthy back. The rollers are designed to help release tension found in the neck, back and hips.

Rebounding: Rebounding is a low-impact, fat-burning exercise that improves balance and coordination and it is fun and energizing! The workout consists of low level bounces on a mini-trampoline. Rebounding borrows moves from kickboxing, yoga, step and floor work.