



YGROUP EXERCISE™

KICKBOXING

An addictive high intensity work out that combines cardio kickboxing, strength and resistance training and floor work. This class is fast and fun!

KIDS ZUMBA/ZUMBA

Zumba uses a variety of dances in its routines including: meringue, salsa, mambo, rumba, and flamenco. Zumba uses interval training and a combination of fast and slow rhythms to help burn a maximum amount of calories and tone and sculpt the body.

PILATES

Learn to connect your mind with deep breathing, while you work on dynamic alignment, core control, appositional lengthening and movements that are precise and fluid.

STEP IT UP/WILD CARD

This co-ed class is a great way to start your Saturday. It is a great cardio-vascular workout. Step it up is FREE to anyone who is currently enrolled in a fitness class.

SPINNING

A workout designed to simulate real road cycling technique, whether you are a beginner or a seasoned cyclist. Spinning will take you to the next level. Tempo ride, race simulations, hill climbing and interval training will help you meet your fitness goals.

20/20/20

This Class is broken down into 20 minute segments of cardio, strength and sculpting.

SILVER SNEAKERS

Silver Sneakers offers an innovative blend of physical activity, healthy lifestyles and socially oriented programming that allows older adults to take greater control of their health.

FITNESS FUSION

Fitness Fusion combines high intensity with simplicity and lots of variety: total body toning, strength training, plyometrics and cardio. This class fuses many workouts into a 1 hour class.

CARDIO -CHISEL

Join us after work for this cardio head to toe workout. This class uses weights, bands, resistance balls and includes stretching and toning. This is a 60 minute class.

FITNESS EVALUATION

Fitness testing determines your current level of fitness. This evaluation measures all components of physical fitness: body composition, flexibility, muscular strength and endurance.

PERSONAL TRAINING

The YMCA has personal trainers available for individual sessions or for a group. Please contact the fitness director for details or to schedule an appointment.

YOGA FITNESS

Yoga is designed to teach you how to properly execute yoga positions for stress relief, better breathing, body alignment and flexibility. Dress In layers and bring a mat.

SUPER FIT

A terrific way to cross train or simply get an all around strength, cardio and core workout. This intense class will challenge you using weights, bands, steps and balls, mixed with high impact cardiovascular segments to sculpt your muscles and train your heart. It's a great way to burn calories while toning your abs, butt and legs.

KETTLEBELL PUMP

A thirty minute class that is ideal for anyone who wants to burn fat, increase flexibility, build and increase cardiovascular endurance.