

YMCA GROUP FITNESS CLASS DESCRIPTIONS

Classes are designed for all fitness levels.

Please arrive early if you are new to class.

All Levels Yoga: Focus on synchronizing the breath with body movement & poses. Builds strength, increases flexibility, relaxes & rejuvenates.

Body Fusion: Blends cardio, strength and stretching. (ON HIATUS until FALL)

Cardio & Strength: Perfect combination of strength training & cardio to increase endurance & tone the body. (ON HIATUS until FALL)

Cycle: Simulates an outdoor bike ride-A group experience improving endurance & cardiovascular health while cycling to energizing music.

DIO: Dance It Out: Total body, high energy, cardio dance workout infused with all styles of dance.

DXF: Dance Xross Fitness: A comprehensive cardio-interval fitness program that mixes 4 disciplines of movement – dance, kickboxing, strength training and soul line dancing. (ON HIATUS until FALL)

Gentle Cycle: A more relaxed, lower intensity cycle ride with mellow but inspiring music. Great for Seniors & Beginners

Insanity: Dig deep & Push past your limits with athletic/plyometric drills mixed with intervals of strength/power/resistance/core training

Low Impact Aerobics & Toning: Non-Jumping but at times higher intensity focusing on cardio as well as use of weights and body weight.

Pump n' Core: Low-Moderate weights with high reps & core training for men/women of all ages/fitness levels.

Sit n Get Fit: Various movements and slight cardio from a seated position. Improves strength/stamina/flexibility.

Strength: Gain muscle strength using various equipment and body weight.

Tai Chi: A form of martial art, practiced for its effective health benefits. Fluid, gentle movements for everyone. Develops muscular strength, flexibility, balance, improves mental focus & contributes to a calm serenity and peace of mind.

TRX / Suspension Training: Develops strength, balance, flexibility & core stability SIMULTANEOUSLY, leveraging gravity & your body weight in hundreds of exercises. Work new muscles like never before.

Yoga Nidra: (Once a Month) Learn deep relaxation with gentle movement to relax the body.