

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.

Barre Burn: Combines Pilates, Yoga & Dance to build strength, increase flexibility and improve coordination for a vibrant healthy body. First half of class will be mat work and second half will be standing and includes the use of light weights.

Cardio & Strength: Perfect combination of strength training & cardio to increase endurance & tone the body.

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

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

Morning Mix: Enjoy dance with combinations of strength training and kickboxing for a full body workout.

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

Qi Gong: Moving meditation based on flowing movement, attention to breathing, emphasis on quieting the mind.

Senior Strength Training: Designed for Seniors & Beginners who want to strengthen major muscle groups that help perform everyday functional movement.

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.

TRX Bootcamp: Same as TRX Suspension Training (above) plus combinations of circuit training, interval training and cardio bursts.

Walk with Ease: Learn to walk safely while improving flexibility, strength and stamina. If you can be on your feet for 10 minutes without increased pain and climb one flight of stairs (to access the classroom & track), you can have success with Walk with Ease. Includes warm up, walking & cooldown segment & guidance to improve technique.

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



A fusion of Latin and International music featuring interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.