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Descriptions

ABS AND STRENGTH - This total core workout will strengthen and tone your abdominals and back while improving posture and core strength. Beginner to advanced. Fee: Y Members Free, Non-Members \$70.

ADULT SWIM CLASS (BEGINNER) - (Ages 16 & up) YMCA swimming lessons for beginners to assist you in water adjustment. Learn new skills based on your individual needs. Stroke instruction, what to do in an emergency, and progress towards lap swimming are a few skills taught in this fun class. Y Member: \$35 Non member: \$65

BALLROOM - BEG EAST COAST SWING - Beginning East Coast Swing is a fabulous, fun dance. This is a swing dance consisting of triple steps and rock steps. This dance is easy to learn and fun! Six and eight count patterns are used in the beginning class. No dance experience required. Handouts and suggested practice music will be provided. New participants, who complete one session, will be given an admission coupon to ONE USA Dance Chapter 2037 monthly ballroom/swing dance. Fee: Y Members \$72, Non-Members \$84.

BODY SCULPTING - Build lean muscle mass with low impact cardio to increase metabolism and strength training to sculpt arms, legs, and abs. Steps, physioballs, body bars, weights, resistance bands, and great music provide a fun and challenging workout. Beginner to intermediate. 8 week session. Fee: Y Members free, Non Members \$80.

CY-YO - Experience the ideal combination, 40 minutes of indoor cycling followed by 30 minutes of Yoga! Cycling will build cardiovascular endurance while Yoga will focus on opening the shoulders, hips and hamstrings in addition to building core strength. All fitness levels welcome, please arrive 5-10 minutes early to adjust your bike. Beginner to advanced. Fee: Y Members \$25, Non-Members \$70.

CARDIO BUFFET - Step, Hi-lo, Kick-box and more will be offered on a rotating basis for your Saturday workout. See postings in the track for this week's workout format. Beginner to advanced. Fee: Y Members free, Non-Members \$70.

CARDIO DANCE FIT - Cardio Dance Fit will consist of 45 minutes of easy to follow choreographed dance based moves designed to improve cardiovascular endurance and overall strength. Beginner to intermediate. Fee: Y Member free, Non Member \$70.

CARDIO KICKBOXING - This vigorous aerobic kickboxing class combining boxing, martial arts, and aerobic moves will whittle your waist, sculpt your arms, and firm your glutes. Kick and punch your way to a stronger, healthier you in this fast-pace, high energy class. Intermediate to advanced. Fee: Y Member free, Non Member \$70.

CARDIO STRENGTH - Cardio Strength is designed for the busy person that wants an all around work out in one hour. Class will include a cardio and strength segments, balance, core work, and stretching. A variety of equipment will be used including: a variety of weights, resistance bands, and balls. Basic choreography is used in this all-in-one workout. Beginner to intermediate. Fee: Y Member free, Non Member \$70.

CORE STRENGTH - Core Strength is a class that will focus on strengthening the power station of your body. Help to improve posture, decrease lower back pain and improve your overall health and wellbeing. This class will focus on working your Stomach, Sides and back to maximize your Core Strength! Fee: Y Members free, Non Members \$70.

CYCLE BOOT CAMP - Are you ready for the challenge? Your instructor will lead you through an intense 60 minute interval style indoor cycling, boot camp. This class will consist of cycling intervals with rotations of boot camp styled moves including a variety of exercise such as burpees, squats, push-ups and much more! Your body will be challenged from head to toe! Fee: Y Members \$21, Non-Members



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\$70.

CYCLE THEME RIDES - Jenna will keep this indoor group cycling class guessing as she offers a variety of fun themes throughout the session, while taking you on exciting journeys. Themes may include holidays, music eras and more! From beginner to advanced, you are sure to work hard in this time efficient work out. Please arrive 5-10 minutes before class to set up your bike. Fee: Y Member \$21, Non Member \$70.

EXTREME FITNESS - A high-intensity circuit training class that alternates between plyometric cardio movements and strength training exercises using a variety of equipment including: kettlebells, chin-up bar, weights, medicine balls, TRX suspension trainer, BOSU ball and more. Intermediate to advanced. Fee: Y Member \$25, Non Member \$70.

FUNCTIONAL TRAINING - Functional Training is a high intensity, dynamic exercise class focusing on functional movements that is scalable for people of all fitness levels, from beginner to athlete. A constantly varied, challenging workout that enhances your strength, cardio-respiratory endurance, coordination, agility and more. Functional Training will keep you and your body guessing every time! Beginner to advanced. Class is limited to 23 people. Fee: Y Members free, Non-Members \$70.

GROUP CYCLE - This indoor group cycling class will take you on incredible journeys that will challenge your spirit, mind, and body all while on a studio cycling bike. From beginner to advanced, you are sure to work hard in this time efficient work out. Please arrive 5-10 minutes before class to set up your bike. Beginner to advanced. Fee: Y Member \$21, Non Member \$70.

INTERVAL BLAST BOOT CAMP - Strength train your body in a new and challenging way! This class combines dynamic cardiovascular movements focusing specifically on muscular endurance exercises. Both the upper and lower body are moving at all times during strength exercises, adding a great cardio workout to your weight training routine! Beginner to advanced. Fee: Y Member free, Non Member \$70.

MODERATE WATER AEROBICS ARTHRITIS PROGRAM - A water based exercise program specially designed by the Arthritis Foundation and the YMCA to help people with arthritis reduce pain and inflammation, increase mobility and have fun!

MUSCLE BOOT CAMP - Strength train your body in a new and challenging way! This class combines dynamic cardiovascular movements focusing specifically on muscular endurance exercises. Both the upper and lower body are moving at all times during strength exercises, adding a great cardio workout to your weight training routine! Beginner to advanced. Fee: Y Member free, Non Member \$70.

MUSCLE PUMP & CORE - This fitness class offers total body exercises aimed at developing strength and flexibility. A variety of equipment will be used each week including: dynabands, body bars, hand weights, stability balls and more. Beginner to advanced. Fee: Y Member free, Non Member \$70.

POUND - POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique all while rocking out to your favorite music! Beginner/Intermediate. Fee: Y Members \$21, Non-Members \$70.

SGT DEFENSIVE BOXING - SGT (Small Group Training) Defensive Boxing with Mundo will center on the proper boxing stance and punching techniques. Key focus will be on coordination, power and endurance. This will be a full body workout and will increase cardio capacity and overall muscle conditioning. Also a great way to relieve mental stress! Class size limited to six. Beginner to advanced. 8 week session. Fee: Y Members \$105, Non-Members \$130.

SGT WITH RON - SGT (Small Group Training) Are you interested in personal training, but don't need the



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individual attention? Are you looking for an intense workout without the hassle of coming up with the right program to fit your needs? Workouts with Ron are a great way to boost your workout intensity and keep you accountable while remaining under the watchful eye of a certified personal trainer! Cardiovascular exercise, along with strength training will be performed every session. Class size limited to six! Intermediate to advanced. Fee: Y Members \$105, Non-Members \$130.

SGT WITH RYAN - SGT (Small Group Training) Are you interested in personal training, but don't need the individual attention? Are you looking for an intense workout without the hassle of coming up with the right program to fit your needs? Workouts with Ron are a great way to boost your workout intensity and keep you accountable while remaining under the watchful eye of a certified personal trainer! Cardiovascular exercise, along with strength training will be performed every session. Class size limited to six! Intermediate to advanced. Fee: Y Members \$105, Non-Members \$130.

SENIOR CYCLE - Senior cycle is a low impact indoor group cycling class that is fun for all ability levels. Bad weather or balance problems are a thing of the past in this great cardio workout that is easy on the joints. The ability to choose your own resistance makes this a great option for those looking to stay active. Come and enjoy this safe and exhilarating workout with Jenna on Thursday mornings! No experience necessary. Please bring water and a bike seat cover if you'd like one. Arrive 5-10 minutes early to set up your bike. Fee: Y Members \$21, Non-Members \$70.

SENIOR FIT - This program can help you maintain an independent lifestyle by improving cardiovascular conditioning, range of motion, flexibility, coordination, strength, and your quality of life. Beginner to intermediate. Fee: Y Members free, Non Members \$70.

SENIOR FIT BOOT CAMP WITH A TWIST - This interval style program can help you maintain an independent lifestyle by improving cardiovascular conditioning, range of motion, flexibility, coordination, strength, and your quality of life; intervals will include cardio, strength and functional exercises. Beginner to intermediate. Fee: Y Members free, Non Members \$70.

SILVER SNEAKERS - This class can help you maintain an independent lifestyle and is appropriate for individuals who are fit and active as well as those who are sedentary, intimidated or unfamiliar with exercise. This positive social environment will improve strength, flexibility, cardiovascular fitness, and your quality of life. Beginner to intermediate. Fee: Y Members free, Non Members \$70.

SILVER SPLASH (WATER AEROBICS) - All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water. Y Member: Free Non Member: \$125

STRENGTH AND CONDITIONING - This fitness class offers total body exercises aimed at developing strength and flexibility. Mats, dynabands, and handweights are used. Beginner to advanced. Fee: Y Members free, Non Members \$70.

STRENGTH AND FLEXIBILITY (LOW IMPACT) - Exercises aimed at strengthening all the major muscle groups followed by a series of stretches to increase overall flexibility. Dumbbells, bodybars, and dynabands will be provided. This is a great class for the beginner weight lifter. Beginner to intermediate. Fee: Y Members free, Non Members \$70.

STRETCH BALANCE & CORE - Stretch Balance and Core will focus on stretching deep muscles, improving balance and increasing core strength. Benefits from participating in this class may help improve daily quality of life; benefits include: increased flexibility and circulation, improved body alignment, decreasing stress and tension and injury prevention. Fee: Y Members free, Non Members \$70.

STRETCH AND RELAXATION - Discover yourself and find ways to relax by utilizing stretches and holding simple yoga poses to open up your muscles and relax both mind and body. Students will quickly discover that relaxation is just as important as working hard! Beginner to advanced. Fee: Y Members



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Free, Non Members \$70.

TABATA (INTERVAL TRAINING) - Tabata is a high intensity form of interval training that involves completing 6-10 exercises at maximum intensity for 4 minutes each (20 seconds completing the exercise at a high intensity, with 10 seconds of rest completed for a total of 4 minutes per exercise). If you are looking for a challenging cardio and strength workout, this ones for you! Fee: Y Members free, Non Members \$70.

TAI CHI & QIGONG - MIXED LEVEL - Tai Chi is based on the ancient martial arts and involves non-contact movement. It is a smooth, gentle form of exercise that addresses the musculoskeletal system, as well as respiratory, cardiac and organ systems. Posture and alignment are key elements. Tai Chi also addresses balance, flexibility, strength, calmness and peace. The class includes warm up exercises, Qigong (the cultivation of our internal energy) and progression of a Form (Sun, Chen or Yang style). In this Mixed Levels class we will continue to address principles of Tai Chi and move into more ?depth? with progressive Qigong and movements of the Form. Some experience helpful and not necessary. All ages welcome. Fee: Y Members \$18, Non Members \$60.

TAI CHI ANIMAL FROLICS - All levels of experience welcome for this fun Tai Chi class. We will practice principles of Tai Chi and Qigong (cultivating our internal energy) and learn a series called The Five Animal Frolics. These exercises are based on the oldest form of the martial arts, done in a gentle to active fashion, and with no contact. The intention is to move in a healthy, well-aligned manner working all of the systems of the body: balance, strength, cardiovascular and respiratory! The Five Animals are the Tiger, Deer, Monkey, Bear and Crane. Beginner to advanced. Fee: Y Members \$18, Non Members \$60.

TAI CHI AND QIGONG - BEGINNER - Tai Chi is based on the ancient martial arts and involves non-contact movement. It is a smooth, gentle form of exercise that addresses the musculoskeletal system, as well as respiratory, cardiac and organ systems. Posture and alignment are key elements. Tai Chi also addresses balance, flexibility, strength, calmness and peace. The class includes warm up exercises, Qigong (the cultivation of our internal energy) and introduction to Tai Chi form(s). In this Beginner class we will address basic principles and have lots of time for pleasant repetition. Participants may stand, sit or hold on for support as needed. No experience necessary. All ages welcome. All ages welcome. Fee: Y Members \$18, Non Members \$60.

TAI CHI AND QIGONG - MIXED LEVEL - Tai Chi is based on the ancient martial arts and involves non-contact movement. It is a smooth, gentle form of exercise that addresses the musculoskeletal system, as well as respiratory, cardiac and organ systems. Posture and alignment are key elements. Tai Chi also addresses balance, flexibility, strength, calmness and peace. The class includes warm up exercises, Qigong (the cultivation of our internal energy) and progression of a Form (Sun, Chen or Yang style). In this Mixed Levels class we will continue to address principles of Tai Chi and move into more ?depth? with progressive Qigong and movements of the Form. Some experience helpful and not necessary. All ages welcome. Fee: Y Members \$18, Non Members \$60.

TONING - A strength training class focusing on improving total body strength. Class uses dumbbells, steps, body bars and bands! Beginner to advanced. Fee: Y Members free, Non Members \$70.

TOTAL FIT - Total Fit is designed for the busy person that wants to start their morning with a complete workout with an emphasis on cardiovascular endurance. Class will focus on increasing cardiovascular endurance with strength segments; Balance, core work, and stretching will also be included. A variety of equipment will be used including: a variety of weights, resistance bands, and balls. Basic choreography is used in this all-in-one workout. Beginner to intermediate. Beginner to intermediate. Fee: Y Member free, Non Member \$70.

TURBO KICK! - Get hooked on the Turbo high with certified Turbo KICK instructor Jana! With cardio



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kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned and have a blast doing it! It's high intensity, fast-paced, and totally addicting! Intermediate to advanced. Fee: Y Members free, Non-Members \$70.

WATER AEROBICS - All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water. Y Member: Free Non member: \$110

WATER AEROBICS AND STRETCH - All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves combined with water stretching makes for a great total body workout in the water. Y Member: Free Non member: \$125

YOGA - Build confidence and body awareness with yoga. This class emphasizes the development of strength, flexibility, and relaxation by adapting the body to postures which fit individual needs. Beginner to intermediate. Fee: Y Members \$21, Non Members \$70.

YOGA DEEP STRETCH & RELAXATION - Build confidence and body awareness with yoga. This class emphasizes the development of flexibility, and relaxation by adapting the body to standing and floor yoga postures which fit individual needs. Ideal for the beginning yoga student. Fee: Y Members \$21, Non Members \$70.

YOGA SLOW FLOW - Build confidence and body awareness with yoga. Connect movement with breath in this gently flowing yoga class with an emphasis on alignment. Gain strength, flexibility and body awareness. Beginner to intermediate. Fee: Y Members \$21, Non Members \$70.

YOGA VINYASA - Build confidence and body awareness with yoga. Connect movement with breath in this gently flowing yoga class with an emphasis on alignment. Gain strength, flexibility and body awareness. Beginner to intermediate. Fee: Y Members \$21, Non Members \$70.

YOGA VINYASA SLOW FLOW - Build confidence and body awareness with yoga. Connect movement with breath in this gently flowing yoga class with an emphasis on alignment. Gain strength, flexibility and body awareness. Beginner to intermediate. Fee: Y Members \$24, Non Members \$80.

YOGA FOR BEGINNERS - Build confidence and body awareness with yoga. This class emphasizes the development of strength, flexibility, and relaxation by adapting the body to postures which fit individual needs. Beginner to intermediate. Fee: Y Members \$21, Non Members \$70.

ZUMBA - Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout! Zumba combines high energy and motivational music with unique music and moves that allow participants to dance away their worries. Join the party today! Fee: Y Members Free, Non Members \$70.

ZUMBA GOLD - Get groovin at your own pace with Zumba Gold! This easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves for active older adults. Fee: Y Members Free, Non Members \$70.

ZUMBA STEP! - Step right up to Zumba Step if you are looking to feel the burn while strengthening and toning your legs and glutes. Zumba Steps combines the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance-floor. Zumba Step will increase cardio and calorie burning, while adding moves that define and sculpt your core and legs. Fee: Y Members \$21, Non Members \$70.

ZUMBA TONING - Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout! Zumba Toning adds weighted sticks to the workout for an extra strength training



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benefit. Zumba Toning combines high energy and motivational music with unique music and moves that allow participants to dance away their worries. Join the party today! Beginner to intermediate. Fee: Y Members \$21, Non Members \$70.