

Group Exercise Class Descriptions

Abs and Glutes: This 50 minute class uses a variety of exercises designed to blast the lower body and sculpt the abdominals.

Body Blast: This cardio/strength combination class alternates strength exercises to sculpt every major muscle group with easy to follow step moves. Suitable for all fitness levels.

BOSU: Bosu stands for “both sides up”. The Bosu balance trainer resembles half a stability ball attached to a stable base. Virtually every exercise done on the Bosu is a balance exercise. This equipment provides an unstable surface that will challenge the muscles in a unique way. The BOSU is used mainly in the Abs and Glutes class.

Bootcamp & Core: This interval style class is loosely based on the training used to get military recruits in shape. Jumping jacks, squats and runs are interspersed with push-ups and other strength training exercises. This is an exhilarating class that will get your heart pumping! 15 minutes of cores work and stretching for all major muscle groups conclude the class.

Cardio Kickboxing/Abs & Glutes: A high energy class that features moves “borrowed” from martial arts and boxing. Exercises focusing on the core and lower body complete this total body workout.

Group Cycling: Burn approximately 500 calories in a 40 minute ride. Group cycling is effective for all fitness levels, because you control the resistance on the bike. There are no complicated moves to learn~ join a class today and see how exhilarating it can be! Water bottle and towel recommended. Reserve a bike the day prior, arrive on time or your bike may be given to someone on the wait list. If you are a new cyclist, please arrive 10 minutes before class to learn bike set-up.

Fit for Life: A fun, low- intensity, low- impact workout for older adults. Thinking about joining a class? Visit this one once and you’ll be hooked! (Beginning level class)

Pilates Mat: Pilates is a series of exercises developed by Joseph H. Pilates nearly 90 years ago. All exercises in Pilates involve using the deepest layers of abdominal muscles and stress attaining a strong “core.” The ultimate mind-body workout; participants should leave feeling relaxed, refreshed, and as if their muscles have lengthened.

Pilates Fusion: begins with a standing yoga-based warm-up.

Yoga: Yoga at the YMCA is designed to create balance in the body and complement everyday activities. Classes involve linking poses together to create strength, flexibility, endurance and balance.

SharQui – The bellydance workout™ is a total body workout that also teaches you the building blocks of belly dance anatomically. You will learn which muscles initiate certain

movements, which makes it easier to understand how the body works muscularly. SharQui™ is not your typical dance class. It's an urban, aerobic workout that gets your heart pumping, feeds the soul, and celebrates femininity.

Zumba®: This unique class is a fusion of Latin and International dance themes combined for an exhilarating cardio class. A variety of music rhythms are explored, and a party like atmosphere is encouraged. Come join the fun!

Zumba® Gold: This is a slower paced, 45 minute Zumba® class designed for seniors and the “ready to be fit.”

IMPORTANT REMINDERS:

ARRIVE TO CLASS ON TIME AND STAY FOR THE DURATION UNLESS ILL.

PLEASE FOLLOW THE INSTRUCTORS DIRECTION.

NO CELL PHONES IN CLASSES.