



GROUP FITNESS CLASS DESCRIPTIONS



*All classes are 55 minutes unless otherwise notes.

CLASS & DESCRIPTION	BEGINNER FRIENDLY	MODERATE	CHALLENGING
ALL ABS 30 min. of abdominals utilizing all equipment.		x	x
All Strength Utilizing all equipment in order to build muscular strength.		x	x
Beginner Ballet Beginners welcome, work on strength, balance & flexibility.	x		
Beginner Cycle New to cycle, then this 30-minute class is for you.	x	x	
Better Balance Low intensity exercises to improve balance, strengthen core, coordination & improve posture.	x		
Boot Camp Intervals & circuit training with no choreography! Boot camp training & sports drills incorporated.			x
Cardio Drumming Combines dance & rhythm for fun high-energy workout.	x	x	
Cardio Pound with Abs 20 cardio, 20 pound followed by 20 abs.	x	x	
Chair Yoga Mind body exercises that use a chair and all modifications for yoga for a total body workout.	x		
Cycle A non-impact, highly effective way to build cardiovascular strength & endurance.		x	x
Cycle / Abs 30 min. cycle followed by 15 min. ab work out.		x	
Cycle Circuit Some cycle, weights & abs. Each week a different set of exercises.		x	x
Cycle/Kettlebells 20 min. of cycle followed by 20 min. of kettlebells.		x	x
Cycle/TRX Cardiovascular workout and well as a total body workout in 60 min.		x	x
Generation POUND (ages 6 & up) A way for kids to MOVE, ROCK, PLAY & MAKE NOISE! Improves focus, coordination, physical fitness & teamwork skills	x		
Gentle Yoga Postures & breathing techniques to increase flexibility, stamina & relieve stress. A nice relaxing YOGA for all levels of experience. A relaxed pace be expected.	x		
Guided Meditation Keep your energy up & stress levels down, by quieting the mind, using ancient practical techniques of meditation.	x		
HIIT Cycle 30 min. High-Intensity Interval Training workout, using an indoor bike to achieve fast results. A short, intense style of training where the thrill & motivation comes from pushing your physical & mental limits.			x
Kettle Bells A cast steel or iron weight used to perform ballistic exercises that combine cardiovascular, strength & flexibility training.		x	x
Kickbox Express Non-contact, aerobic kickboxing workout utilizing basic techniques for punching & kicking, as well as basic body conditioning exercises. This class offers all the benefits of Cardio Kickboxing in 30 min.	x	x	
Kids H.I.I.T (ages 12 & up) Improve your strength & stamina for any activity. A variety of interactive activities, skills & drills utilizing equipment for increased strength, endurance & balance for your child.	x		
Les Mills Barre 30 min. ballet inspired workout to strengthen & tone your muscles & build core strength.	x	x	
Les Mills Body Combat Mixed martial arts featuring boxing, taekwondo, kung-fu & more.		x	x
Les Mills Body Pump Express 30 min. express strength workout using plate loaded equipment.		x	x
Les Mills Body Pump Strength workout with short burst of interval training using equipment. All welcomed!		x	x
Les Mills CXWORX 30 min. of a mix of body weight exercises to work your core, hips, butt & lower back.	x	x	
Les Mills GRIT 30 min. high intensity Training 1. STRENGTH- Uses barbell, weighted plate to perform all exercises 2. CARDIO- Using body weight to perform all exercises 3. PLYO- Plyometric exercises to perform all exercises with & or without weight.			x
Livestrong @ THE YMCA 12-week program that provides physical activity for both the mental, spiritual & emotional mind for the Cancer survivor.	x		
Low Impact Cardio Evidence-based group exercise program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.	x		
Mat Pilates Exercises on a mat with emphasis on core training, posture and body alignment.	x	x	



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Meeting on the Mat 12-week program provides yoga & body therapy practice for both the mental, spiritual & emotional mind for a person in recovery or even a family member caring for a person in recovery.	x		
Pilates Flow Stretching & Pilates moves combined.	x	x	
PiYo Pilates Yoga fusion. Dynamic, flowing sequences that burn serious calories at the same time as they lengthen & tone your muscles & increase your flexibility for a total body workout.	x	x	
POUND Combo Fusion of boxing, martial arts & POUND. An intense cross-training & total body work out.	x	x	
POUND One pound drumsticks for a total body workout	x	x	
Power Cycle 60 minutes of higher intensity cycling.			x
Power Yoga Dynamic flowing sequences that burns serious calories at the same time. All levels welcomed. ROOM HEATED to 80 degrees.		x	x
Red Hot Dance Fitness Love to dance? Learn dance moves to today's pop music.	x	x	
Senior Strength Increase strength, endurance & flexibility while challenging the cardiovascular & muscular system by doing dynamic functional movements.	x		
Senior Strength & TRX Increase strength, endurance & flexibility while challenging the cardiovascular & muscular system followed by TRX.	x		
Silver Sneaker Cardio Fit Low impact cardiovascular workout that increases stamina & energy.	x		
Silver Sneaker Circuit Is for those ready to move on to a more advanced level of exercise.	x		
Silver Sneaker Classic Designed for seniors to improve balance & flexibility, as well as overall fitness level. Little or no standing.	x		
Silver Sneaker Tai Chi Chih 19 movements & one pose that together make up a meditative form of exercise.	x		
SpinPower Power-based cycling education and power-meter technology delivers real, measurable results.			x
Sprint Cycle/CXWORX 30 min. of all-out effort on the bike followed by core training.		x	x
Strength & Conditioning Build strength & flexibility, utilizing equipment for a full body workout.			x
Stretch & Strength The power of stretching to help you build strength.	x		
Tabata Circuit 20 sec. all-out effort with 10 sec. break. 8 rounds. All equipment utilized. Full body workout.		x	x
Tabata HIIT 20-second all-out effort with 10-second break. Eight rounds		x	x
TRX Boot Camp Suspension Training exercises combined with conditioning intervals to build total body strength & cardiovascular endurance.			x
TRX Circuit Total body resistance exercise. Interval, high power suspension body-weight training.			x
Vinyasa Meditation Flow through sun salutation followed by total mind meditation.	x		
Vinyasa Yoga A balanced sequenced of breath & movement. You will be flowing mindfully through each posture, while observing your breath.	x		
Weight Loss Program Group-based program. Learning, sharing, & problem solving. Weekly topics, such as balanced eating & physical activity, goal setting, positive psychology, & behavior sustainability	x		
Women & Weights Women lifting weights that type of strength training can only improve their physiques & gain tremendous benefits from this class.	x		
Zumba Latin rhythms with easy to follow moves to create a dynamic fitness program that is fun & effective.	x		
Zumba Gold Slower paced, low impact, verbal & non-verbal cuing. Take a musical trip around the world & learn dance moves while burning calories.	x		