

# HEALTHY LIVING AT THE YMCA

## LET'S BUILD A DYNAMIC FUTURE TOGETHER!

Your membership in the YMCA of Greater Cleveland opens the door to a myriad of options to develop the vibrant, healthy life you have envisioned.

Your well-being is in good hands. All YMCA Wellness Staff are professionals who hold national certifications in their areas of expertise. Our staff members are also certified in CPR/AED, First Aid, and Emergency Oxygen Administration.

## GROUP EXERCISE

**NEED A BOOST OF MOTIVATION?  
LOOKING TO GET RESULTS AS QUICKLY AS POSSIBLE?  
WANT YOUR WORKOUT TO BE MORE FUN?**

Our wide array of group exercise classes gives you the freedom to choose the best way for you to reach your wellness goals—and have a whole lot of fun on the journey! Exercise alongside friends with the help of our highly-trained, nationally-certified instructors who ensure that your workouts are always fresh, fun, and effective.

As a member of the YMCA family, you have access to dynamic, non-competitive classes from sunrise to sunset. Our instructors are dedicated to helping you achieve your wellness goals.

- Our cardio and sculpting classes will chisel your physique, strengthen your heart, improve your balance and posture, and rev up your calorie-burning furnace.
- Our cycling classes are geared to all ages and interests. Since you individually control your own speed

and resistance, everyone can be successful in cycling. No coordination is required!

In all of our classes, we focus on helping you achieve the workout that is right for your body. There is absolutely no competition – we are a team working together to achieve our goals.

Yes, there is a place for YOU in our classes! We have formats designed for every age and fitness level. If you are new to group exercise, there is no need to be hesitant. Our friendly instructors will warmly welcome you and help you feel safe, comfortable, and successful.

All members age 13 and older are welcome to participate in our adult level classes. Our free classes are exclusively for our full-facility members.

We also offer an exclusive opportunity for our members ages 10-12 members—our “Tween Option” classes! See the details in the Wellness Center Policies section of this handbook.



The majority of classes are free with your YMCA full-facility membership.

For a complete list of the group exercise class options available to you, please visit the branch or website for our most current schedule. Here are just a few of the many choices that you may available to you at the YMCA:

- Ab Lab
- Boot Camp
- Cardio Kickboxing
- Fitness After 50
- Lethal Legs
- Line Dancing
- Step & Sculpt
- Power Sculpt
- SilverSneakers® Muscular Strength
- Walk Reebok
- Y Cycle
- Zumba®