

Class Descriptions-

Y Cycle- Cycle classes at the YMCA are invigorating and heart pumping. Designed for members to go at their own pace, YMCA cycle classes challenge both your cardiovascular and muscular endurance. If you're new to Cycle, be sure to enter class a few minutes early so the instructor can help you with bike settings and adjustments.

Bootcamp- An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

Power Sculpt- Power Sculpt is a unique combination of weights, core training and cardio. It is an upbeat and challenging class designed to strengthen your body, keep your heart healthy and burn calories.

Intro to Step- Step is an energizing workout using a height-adjustable step and simple movements on, over and around the step.

Low impact step- Step is an energizing workout using a height-adjustable step and simple movements on, over and around the step.

Step- Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.

Flexible Core/Ab Lab- Core classes focus on toning the abs and strengthening the low back area. The class level depends on the instructor.

Zumba- Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world.

Hip Hop- Hip hop is a high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements.

Cardio Combo/Compound Circuits- A full body workout incorporating cardio, weights, and core training.

Rebound- Transform in our signature rebound class. Our rebound class is high intensity interval training on the trampoline combined with targeted barre work. Trampolines are 20% more cardio effective than treadmills and give 80% less stress to your knees.

Lethal Arms/Below the Belt- is an intense workout for your arms and legs. Giving you a full workout.

Barre- Essentially, barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

Boom Move It/Boom Muscle- An aerobics based fitness class with an all over body work out. Improve your core-strength and flexibility whilst toning up and trimming down.

Silver Sneakers Cardio Circuit- Silver Sneakers focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

Silver Sneakers Yoga- Yoga Stretch is taught from a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. The class offers a variety of safe and effective options designed to increase flexibility and balance to improve each individual's sense of well-being.

Silver Sneakers Muscular Strength- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Fitness After 50- offers a faster paced workout using hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Pickle Ball- Pickle ball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Whiffle Ball, over a net.

Yoga- Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness.

Gentle Yoga- Gentle yoga classes are typically described as appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice.

Deep Stretch Yoga- Deep Stretch is an active stretching class that targets primary muscle groups surrounding the hips, hamstrings and upper back. Living in a forward facing, seated world, these areas tend to be tight for everyone. Tight muscles can cause imbalance and pull the body out of alignment.

Tai Chi- It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Pilates- Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

TRX- TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

WOW- teaches women how to lift weights and be successful in the gym.

Senior WOW- teaches senior women how to lift weights in the gym and feel at ease.

Shotokan Karate- Shotokan Karate is a way for an individual to realize greater potential and expand the limits of that individual's physical and mental capabilities.

Y Strength- Strength Train Together maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.

CAOS- Calisthenics - Agility - Optimized Strength ----- Bring a little chaos into your exercise routine! This class will challenge your cardiovascular fitness and your muscular strength and endurance through fun, high-energy movements and exercises.

Getting Stronger-Strength and endurance are two important keys to fitness. No matter what your current fitness level is, you can improve it through this safe and fun full body workout. Using a variety of weight and resistance equipment, you will experience a noticeable difference in the strength and toning of your muscles in your legs, chest, arms, back, shoulders and abdomen. Come give it a try! Thursdays at 4pm in the GES.

Yogalates-In this class, we combine pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. ... Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.