

YMCA's Group Fitness Class Descriptions

A.O.A.'s Young at Heart

Build strength, flexibility and balance for older adults. Class varies in format.

Abs/Back "Absolution"

Build strength and tone in the abs and back region.

Aerobic Kickboxing

Boxing and kickboxing drills/combinations together with bag work. Please bring wraps.

Body Sculpting

Resistance training, using free weights, weighted bars & exercise bands to build muscular strength and endurance.

Boot Camp Express

Strength training/cardio drills incorporating the step, kickboxing, plyometrics, & basic calisthenics. Style & variety will change with each class.

Boot Camp Workout

An intense, non-choreographed interval workout, high intensity cardio drills with strength training intervals.

Bosu Ball Class

Learn to use the bosu ball while increasing your core, strength and balance.

Cardio Step/Basic

Cardio step aerobics with basic choreography to get maximum cardio benefit. All fitness levels welcome, moderate intensity.

Circuit Step

Cardio, step, circuit, or interval training. Strength & abs segments.

Cycle 101

Beginner level cycle class. Help you get started to Group Cycle, covering basic cycle skills. All levels welcome.

Gentle Yoga

Yoga's gentle postures flow to cultivate flexibility, balance, & strength and foster mind/body connection. All levels welcome.

Group Cycle

Pedal on stationary bike for a cardio workout as an instructor guides you through various rides.

Hip-Hop

Come try our new high energy dance class, and learn to dance to today's music

Hsing-I (Kung Fu) (\$\$)

Internal, soft style martial arts. No uniforms required.

Karate

Real self defense strategies for kids in fun way. (\$\$)

Kickboxing

Class features kick-boxing techniques including punches, combinations and defensive drills.

Kickbox & Sculpting

Punching, kicking, drills, target training, jump rope, strength training, core training, & lots of fun!

Martial Arts

Intermediate internal martial arts.

Morning Workout

High energy cardio, step or circuit training combined with strength training.

Pilates

Core strengthening through abs & back exercises. Improves total body fitness.

Power Step & More

High energy, high intensity step aerobics and strength training. Prerequisite: Cardio Step Basic

Power Yoga

Build strength, stamina & flexibility while focusing on breath and stillness.

Saturday A.M. Workout

90-minutes high energy step cardio combined with abdominal & upper/lower body toning.

Cardio Step and Strength

High energy, high intensity Step & Strength training. Prerequisite: Cardio Step Basic

Tai Chi (\$\$)

Build balance & strength with slow, flowing movement.

Yoga/Gentle Yoga

Yoga's postures flow to cultivate flexibility, balance, & strength and foster mind/body connection.

Yoga Fitness Training

Balance the mind and body by combining hatha yoga with traditional exercise in this flow-style class.

Zumba

Aerobic dance/fitness interval training set to upbeat Latin and international music. Mixing body sculpting movements with easy to follow dance steps, allows for fat-burning fun.