

Group Fitness Class Descriptions (Land)

1. **Les Mills BODYPUMP™** - is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and a great workout. Age 14+
2. **BODYPUMP EXPRESS™** – Strengthen your entire body working all major muscle groups in this quick 45 minute format. Age 14+
3. **Les Mills CXWORX™** - Are you ready for a total core workout that gets great results in 30 minutes? CXWORX is the workout for you! It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. This class is adaptable for all levels but not recommended for prenatal women. Age 14+
4. **Les Mills BODYFLOW®** - The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
5. **BODYFLOW EXPRESS®** -A holistic spirit, mind and body invigorator in a quick, 45-minute format.
6. **Les Mills BODYSTEP®** - The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on the step. Get motivated from sing-a-long music and approachable instructors! Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Age 14+
7. **BODYSTEP EXPRESS®** -A quick, 45-minute version for those “on-the-go” people. Age 14+
8. **Les Mills BODYATTACK®** - The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Age 10+
9. **BODYATTACK EXPRESS®** -A quicker, 45-minute version that still builds plenty of strength and lots of stamina! Age 10+
10. **Les Mills BODYCOMBAT®** -This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Age 10+
11. **Les Mills RPM®** - The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. Age 14+
12. **Yoga-lates** -Time efficient, dynamic and flowing class that combines the physical elements of pilates with the stretching and strengthening elements of Yoga. Age 14+
13. **PiYo®** - This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Use your body weight to perform a series of continuous, targeted moves to define every muscle! Age 14+

14. **Yoga**—Incorporate basic Hatha Yoga moves in a flowing sequence. Learn to incorporate breath with your physical poses. Relax and de-stress your mind with the restorative poses. This class is appropriate for all levels but “Yoga Basics” class encouraged before attending.
15. **Pilates**—This mat class is a series of floor exercises designed to realign and strengthen your body, concentrating on your abdominal muscles or core. This class incorporates breathing, strength, flexibility and proper alignment to achieve optimal results! Age 14+
16. **T'ai Chi** - The “Grand Ultimate” philosophy unites the spirit, mind and body in a way that creates relaxation and balance while cultivating a great amount of energy. Enjoy the effects of increased focus and attention with a greater metabolism.
17. **Yoga—Flow & Strength** - Incorporate basic Hatha Yoga moves in a flowing sequence. Learn to incorporate breath with your physical poses. Relax and de-stress your mind with the restorative poses. This class is appropriate for all levels but “Yoga Basics” class encouraged before attending.
18. **Yoga-Gentle & Restorative** - Come learn the fundamentals of basic Hatha Yoga in this gentle but stimulating yoga class. You will learn the basics of various poses and the importance of breath. End class with a final restorative and relaxing pose. Appropriate for all levels.
19. **Chair Yoga** - A gentle class appropriate for those who prefer not to be down on the floor. All yoga poses will be done seated in a chair or standing, using the chair to help with stability and balance. Classes work through a variety of yoga poses, breath work and relaxation intended to leave you feeling more flexible, strong & energized.
20. **Strength Beyond Flexibility**— SBF is an all levels class that uses traditional yoga poses to help you build strength and muscle tone using your own body weight. This class allows you to hold poses for a longer period of time to help build your strength, flexibility and stamina. You will feel the results after just one class!
21. **Zumba** – Are you ready to get your Latin groove on? Come join us for a great cardiovascular class that uses fun Latin dance moves and Latin music. No previous dance experience required. Just come ready to have some fun! Age 10+
22. **Latin/Hip Hop Dance** - This class will teach you both Hip-Hop and Latin dance moves. You get a great workout while you learn new steps. This is a high-energy class and cardio workout. And you’ll sample a variety of dance styles. Age 10+
23. **The Masala Bhangra Workout®** - Modernizes the high-energy folk dance of Bhangra by blending traditional dance steps with the exhilaration of Bollywood moves, salsa and hip-hop. The exercise regimen is as much fun as it is rigorous and is suitable for people of all ages and fitness levels. This cardiovascular and strength-training dance routine provides overall toning and body conditioning, and can build endurance, stamina and balance. Age 10+
24. **WERQ®**- is the fiercely fun dance fitness workout based on pop, rock, and hip-hop music taught by Certified Fitness Professionals. The signature WERQ® warmup previews the dance steps used in class and the signature WERQ™ cooldown includes balance and yoga inspired poses.
25. **FIT FOR LIFE – Strength & Core** - 45 to 60 minutes of upper and lower body strength exercises. Use a variety of props such as dumbbells, tubing, stability balls, gliding discs or core balls to develop strength in your upper and lower body. You will also do a variety of exercises designed to strengthen and tone your midsection. Age 14+
26. **SilverSneakers® Classic** - 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 support.

27. **SilverSneakers® Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Class uses hand-held weights, elastic tubing, and a ball with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation techniques.
28. **SilverSneakers® Yoga** - Physically and mentally improve your overall well being using a variety of safe and fun yoga postures and breathing exercises. A chair is offered for support and participants work at their own pace to build flexibility and endurance while learning to relax and think more clearly.
29. **Senior Fun & Fitness**-This class is designed for older adults who want to increase strength, flexibility, balance and endurance using light weights, a resistance band, balls and chairs.
30. **LIVESTRONG® at the YMCA**-A FREE program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during, and after treatment. This 12-week program meets twice per week with certified instructors and personal trainers who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.
31. **Delay the Disease** - is a fitness program designed to empower people with Parkinson's disease (PD) by optimizing their physical function and helping to delay the progression of symptoms. This class is geared specifically to counteract the movement challenges experienced by people with Parkinson's. The class meets twice a week with certified instructors. Free for YMCA members, fee required for non-members. (\$30)
32. **Body Works**- A group barbell resistance training program set to motivating music that includes a variety of different exercises used to work every major muscle group. Dumbbells, stability balls, and bands are also used to provide a challenging variety of exercises. Age 14+
33. **Interval Body Works** -Great fat burning workout! 3-4 min. of Cardio (jump rope, step, etc) followed by 3-4 min. of Body Works resistance training. Age 14+
34. **Cycling** - 45-60 minutes of endurance, sprints and hills set to music. Indoor cycling is a great way to get a cardiovascular workout as well as strengthen and tone the lower body. All participants are encouraged to bring water and a towel to class. SPD pedals are available on all bikes. Age 14+
35. **Cycling Basics** - Curious about trying a cycle class? This class is the perfect way to start! Class is designed for those who are new to indoor cycling. Class will familiarize new riders on how to properly set up their bikes, spinning techniques and terms, and how to monitor intensity. All levels welcome! Age 14+
36. **Bootcamp** - This fun-filled, high intensity, no choreography skill and drills class will get you in shape! Get cardio and strength using a variety of equipment and your own body weight. Be prepared for anything! This class is designed for intermediate to advanced fitness levels. Age 14+
37. **Cardio & Strength** - A one-hour class of mixed cardiovascular training combined with strength training. The format of this class will vary based on the instructor's choice. If you are ready for a total workout, this is the one for you! Age 14+
38. **Triple Threat** - Three workouts in one! Class will start in the cycling room then move to the group exercise room for the last two segments incorporating cardio & core! Age 14+
39. **Step Express** - If you love to follow choreography and great music, this is 45 minutes of pure stepping pleasure! Age 14+

40. **Step** - If you are looking for a great cardio workout, this step class is for you! Great music and fun with high energy choreography that will keep you moving! Age 14+
41. **Core Training**- A strong core is necessary to support a strong body and to help prevent injury. 25 minutes of core training. Come and enjoy fun music mixed with a positive environment! Age 14+
42. **Power 30**- A high intensity 30 minute workout using barbell, free weights, and your own bodyweight. Class is short so that means low rest periods and explosive bursts of energy. Intended for intermediate to advanced fitness levels. Come in and get fit fast! Age 14+
43. **BRIC** - 90 Minute intense interval class combining cycling and running. (Moderate to Advanced Fitness Level) Age 14+

Water Fitness Class Descriptions

1. **Warm Water Exercise** –This low impact water fitness class is designed for those with limited joint motion, strength, or cardio-respiratory function.
2. **The Next Step** –If you prefer a more vigorous warm water workout, this class is appropriate for you. This class takes you to the next step in your water workouts.
3. **Days End** –Submerge yourself in the comfort of warm water; learn meditation and relaxation techniques to help you unwind and let go.
4. **Aqua Fit Deep** –A no-impact class that utilizes belt and noodles for stabilization in deep water. Floatation belts provided but not required.
5. **Aqua Fit Shallow** –A complete water fitness class that includes aerobic, strength, and flexibility components. Intensity is easily adjusted for all fitness levels.
6. **Aqua Fit Challenge** –A complete workout in shallow and deep water. You will experience aerobic exercises, strength training, core stability movements, and aquatic kickboxing. Higher intensity class.
7. **Aqua Rock** –Try our awesome, easy to learn, music-based water workout!!