



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Exercise Class Descriptions

**All Levels Yoga:** A flowing, dynamic sequence of poses that involves synchronizing the breath with a continuous flow of postures. The fluid almost dance-like movement increases flexibility, strength and stamina as it calms the mind and improves overall health. All levels welcome.

**AM Aqua Blast:** Start your day off with an intense & challenging water cardio class. Held in the large pool, water weights, noodles, and kick boards are used to help you burn calories while building strength and endurance.

**AOA Water Fitness:** An aquatic program for all levels. This class is held in the small warm pool and work-out includes: stretching, cardio, strength, and core work.

**Aquacise:** Get fit, get in the water and get your heart will be pumping as we go through a variety of water exercises that focus on the whole body. Instructors will keep you on your toes with shallow and deep water, aqua barbells, and other equipment. The water helps to support joints, promotes balance, and gives you just the right amount of resistance.

**Aqua Yoga:** Is a gentle water exercise class. It uses the basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment. The program is a gentle and very low impact aquatic activity. With the release of gravity, the body is able to find the best stretch that mat yoga may restrict.

**Arthritis Class (AOA Joints in Aqua):** Held in the small, warm pool for people with arthritis or other muscle/joint challenges. Works on range of motion skills, doing every day movements. Enjoy class with a group of Active Older Adults who work on their wellness in the pool and socialize outside as well. Members of all ages are welcome.

---

**Barre Sculpt:** This low impact class will use ballet inspired movements for a full-body workout. The emphasis will be on sculpting and toning and finish with a good stretch.

**Be Strong:** This strength training class is based around athletic and functional movements to utilize the entire body, the way it's designed to move. You'll have the opportunity to push beyond your comfort zone to see and feel the benefits of moving heavy things whether that's your own body weight or dumbbells. When your body is strong, your mind is strong and you'll be ready to meet the day head on!

**Beginner Yoga Flow:** This yoga class is great for beginners or those searching for the gentle therapeutic benefits of yoga.

**Bikes & Barbells:** Cycling combined with a full-body sculpting class, it is designed to increase your performance and enhance muscle tone. This on-and-off the bike class includes weights & core training. Work at your own pace.

**Boot Camp:** A full-body workout designed for all fitness levels combining techniques from sport-like activities and exercises using your own body weight or hand weights to achieve ultimate results. This high performance high energy class mixes traditional calisthenics and body weight exercises with interval training and strength training. Modify to your own level.

**Boot Camp Yoga:** Flow yoga with the components of strength work with the rewards of balance and flexibility. This is a yoga flow class kicked up a notch!

**Build & Burn:** Build muscle and burn fat. Incorporating Cross-training styles and training methods such as resistance training, plyometric, functional training and HITT. Not only does this help create a well-balanced fitness plan, but it can help you reach specific goals.

---

**Capoeira:** A Brazilian martial art that combines elements of fight, acrobatics, music, dance, rhythm, movement and rituals in a very elegant and magnetic way. Capoeira is a dialog between two people. This is called a "jogo" which means "game" and that is because Capoeira is played, not fought. The uniqueness of Capoeira will give your body physical strength, power and flexibility and your mind self-confidence, concentration, courage and creativity. To really understand Capoeira, you need to see it for yourself!

**Cardio Barre & Balance:** A fun mix of barre, balance and strength, this 60 minute total-body workout incorporates resistance, power and flow to beat-driven music. Participants will use a combination of weights and body weight.

**Cardio Kickboxing:** This popular training program will have you punching, kicking, and blocking your way through calories in a fun, sweat-inducing kind of way. You'll increase your cardiovascular health, strengthen muscles and increase balance and coordination.

## Group Exercise Class Descriptions

**Cardio Mix & Core Fit:** This class delivers the body with a working foundation of the core with the integration of coordination, proper movement patterns, enhancement of balance, increased strength, combining intervals of cardiovascular conditioning & core focused movements. All fitness levels welcome.

**Circuit Training:** Get the sweat dripping and keep your muscles guessing as you improve your cardiovascular strength, and endurance along with flexibility. This circuit style class will include a variety of routines that will help work your cardiovascular system.

**Coached Running:** Training for your first 5K? Looking to fine tune your running skills? Or maybe you are just searching for a group to train with. If so this is the class for you! Join our skilled instructor for this 7 week session. Individualized training plans included, registration based.

**Core & More:** This class takes place primarily on the mat and will use light weights or props. A gentle blend of yoga, Pilates, and athletic exercises for better balance and posture, a stronger core and a tighter waist. It's a class designated to work all muscles of your core which extends far beyond abdominals. Lots of stretching to improve flexibility and decrease pain.

**Core Yoga:** Enjoy the benefits of yoga from a core strengthening perspective.

**Cornhole:** Cornhole is a bean bag toss with a flair that can be played at any skill level. We will have explanations of rules, scoring and more. Athletic ability not necessary... having fun is a prerequisite! Cornhole promotes balance, agility, and hand-eye coordination. Join us and have fun!

**CycleFlex:** Cycling with weight and core training. This class takes place on and off the bike, allowing you to work at your own pace.

---

**Deep Water Fitness:** Held in the large pool, this class uses water weights and resistance bands for an invigorating and challenging class. It focuses on strength, cardio, and core.

**Drop-In Pickleball:** Pickleball is a sport in which two to four players use solid paddles made of wood or composite materials to hit a perforated polymer ball over a net. Pickleball has quickly become popular among adults and youth as a fun game for players of ALL skill levels.

---

**Foam Roller Stretch & Core:** Performed mainly on the mat the foam roller is an exercise device used for a relaxing way to relieve pain, prevent injury and support recovery and performance improvement. Includes stretching, warm-up, deep tissue massage, myofascial release. Connect this with a strong Core workout and you will leave this class feeling renewed and revitalized.

**Forever Young:** Designed to inspire a lifestyle of health, wellness and fun. The class provides an opportunity to get physically fit and make friends along the way. Forever Young is a low impact, upbeat class geared to beginning exercisers and/or those who don't move as quickly as they use to. Each session includes cardiovascular, balance, flexibility, and core strength activities.

**Functional Circuit:** Reaching, bending, sitting, standing, climbing, etc. These are all functional movements that we do every day and the best way to maintain our ability to 'function' is to mimic those movements when we exercise. Every class starts with a dynamic warm up for all joints and muscle groups and then transitions into the circuit. Each circuit works to challenge the whole body, not just muscles but also balance and coordination.

**Functional Fit:** Train your muscles to work together and prepare your body for anything life throws at you with this circuit-style workout. Alternating between cardio and total body strength moves ensures you'll get the maximum cardiovascular and muscular benefits, while working the upper and lower body at the same time emphasizes core stability and promotes a strong, balanced body. Modification for all levels allows you to progress at your own pace.

---

**Gentle Iyengar Yoga:** Everybody can access the benefits of yoga regardless of age or mobility. This is a yoga class where getting down on the floor is optional. If you prefer, you can do most of the class with a chair. This class is great for beginners, those in rehab, seated office workers, and seniors. You will love the results: improved balance, posture, greater flexibility and strength and reduced stress. Gentle yoga will help you listen to how you feel physically and mentally.

---

**Hatha Yoga (1.5hrs):** This basic class introduces you to Yoga flows, gentle inversions AND in-depth breathing work; Levels 1-3.

**High Intensity Training:** Get ready for a blend of high intensity cardio and strength moves to keep your heart rate up and your body in fat burning mode. All levels welcome!

## Group Exercise Class Descriptions

**Hip Hop Dance:** Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States. Join us as our instructor provides a personalized take on these styles, and challenges you to exercise to the beat!

**Hydro Cardio:** This class focuses on cardiovascular exercises, while incorporating a variety of equipment.

**Hydro Fit!:** Mixes cardio, balance, flexibility and strength movements. It may require the use of a variety of equipment or not. Enjoy being in the water while conditioning the entire body. For all levels who are looking for a fun & effective class!

**Hydro Tone:** This class focuses on strength training movements, using the water as resistance, and incorporating a variety of equipment.

---

**Indoor Cycling:** Cycling is a group exercise class that utilizes stationary bikes to give the rider a more realistic feel of an outdoor bike ride. Since each rider is in control of the intensity level of his/her particular bike, the participant can customize their ride to fit their individual needs and fitness level. It brings the element of athletic training to people of all fitness levels and is NOT just a "hard-core" fitness program for the elite athletes. Instead, this effective, high-energy group exercise class integrates music, camaraderie and visualization in a complete mind/body exercise routine. Inspirational music and a non-competitive environment ensure a fun, safe, effective experience for all fitness levels. Our cycling classes offer bikes with dual pedals for both athletic shoes and SPD-compatible shoes.

**Integrated Strength:** A comprehensive strength training class with a focus on the integration of the spirit, mind and body. It's an excellent class for the beginner but also the advanced individual by using a variety of modifications and options. The instructor creates a sense of community and group support through this dynamic strength training class.

**Iyengar Yoga:** Taught in the classical Iyengar Yoga method, emphasizing correct body alignment and awareness, students practice an array of standing and seated poses, as well as inversions. Classes begin with quiet centering, build in intensity with standing poses, and end with deep relaxation. Class levels are Gentle, Foundations, and All-levels.

**Iyengar Yoga-Restorative:** A restorative yoga sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle back bends. Most restorative practices are based on the teachings of B.K.S. Iyengar.

---

**Kids Boot Camp:** Minimum age 5 years. Get your kids off the couch for 60 minutes of fun, high energy exercise, combining body weight exercises along with hula hoops, scooters, jump ropes, basketball, etc. This class offers consistent, positive and motivational support.

**Kids Capoeira:** Your kids will love this! A fun exercise performed to drums combining elements of fight, acrobatics, music and dance.

**Kripalu Yoga:** Yoga postures, when applied consciously, encourage concentration, inner stillness, perseverance, patience, self-acceptance, objective self-observation and sense of humor. All of these benefit the mind and overall health. Yoga is described as the "doorway" to our inner world.

---

**Liquid Toning:** This higher intensity class using shallow water as well as deep water with something for the entire body. Resistance barbells will be used throughout the workout. This class is taught in the I-Pool.

**LIVESTRONG at the YMCA:** A free 12 week, research-based physical activity and well-being program, designed to class. The program provides a safe and supportive environment for cancer survivors to regain their physical, emotional, and spiritual strength and is offered free to any community member and in support of the whole family, includes a complimentary family membership for the 12 weeks the program is in session.

**Low Key Tai Chi:** This class is geared towards those who want a low impact form of Tai Chi (or exercise) and would still like to stand for balance and weight bearing purposes. We learn a modified but more advanced form than in the Seated Tai Chi class.

---

**Making Strides-Run Training:** This program is geared toward new and novice runners, to help start you on your way to a happy and healthy relationship with running. The goal over the 8 weeks of class is to teach you about proper form and technique, and the importance of flexibility, and strength, as it relates to running. This will be a progressive class, meaning we will discuss new information weekly, building off the previous week's topics. The last half of each class will be dedicated to a short group run designed to allow you to practice your newfound knowledge, and get to know your fellow classmates (and maybe make a new running buddy!).

## Group Exercise Class Descriptions

**Meditation:** Explore different styles, techniques, and methods of meditation, while keeping a base in breathe awareness.

**Mobility:** This is a movement based class designed to restore soft tissue and flexibility in your muscles and joints. Many injuries can be prevented by addressing tissue needs that realign, lengthen, and restructure the body for better mobilization. This is a class for all ability levels.

**Muscles in Motion:** A fun workout incorporating dance, weights, balls and bands. Set to upbeat music to increase your heart rate and lead you through a healthy, motivating workout. Modified exercise suggestions will be given throughout the class.

---

**P90X® Live:** This is a full-body, strength-training workout featuring four unique blocks: cardio, lower-body strength, upper-body strength, and core.

**Pedal & Kettle:** 30 minutes of intense cycling followed by 30 minutes of kettle bell.

**Pickleball:** A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join our fast growing community!

**Pilates:** This multi-level class focuses on holistic body fitness, elongated supple muscles, and balance between body and mind. The emphasis is well rounded complete fitness-building core strength and increasing flexibility. Pilates mat classes focus on integrating the entire body using your own body weight, gravity, and props promoting ease and efficiency of movement through focused and controlled exercises developed by Joseph Pilates.

**Pilates/Yoga Fusion:** Just what it sounds like – a combination of these two great wellness staples.

**Pilates Yoga Fusion On The Ball:** A unique and fun approach to fitness. This class incorporates balance, stability, tone, agility and strength like no other!

**PiYo Live:** You'll stretch and strengthen every muscle with moves inspired by the best of Pilates and yoga. It's low-impact but high-intensity and when you're done, you'll feel that exhilarating glow that comes with doing something great for your body. Enjoy the fluid low-impact sequences that challenge you without putting stress on your joints.

**Pre-Natal Water Aerobics:** Current research has shown that regular exercise has many positive benefits for mother and baby including a healthier pregnancy, decreased labor and delivery times, and improved post-partum recovery. This class focuses on cardiovascular fitness, flexibility, general musculoskeletal health and strength building within each participant's fitness level. We also have fun in this class meeting other expecting moms and discussing the physical and life changes that occur during and after pregnancy!

**Primal Strength:** This is an all-abilities strength and conditioning class taking place outside in Nature's Playground. We will be utilizing the terrain and trails to create a new and exciting workout experience that takes place rain or shine! We plan to work hard and have fun, utilizing rocks, logs, tires, buckets of sand, and bodyweight exercises to get you in shape and ready for anything that life throws your way! Please understand that in this class you will likely get dirty, muddy, or wet, so dress accordingly and avoid new or expensive clothing that could possibly get stained or torn. I recommend, if available, that you utilize compression garments or tight fitting under-layers to protect from ticks and other biting insects. I also recommend you wear a pair of workout gloves or snug-fitting work gloves to protect your hands. Also, please bring a full water bottle with you to stay hydrated. Come ready to have fun and work hard!

---

**Qi Gong:** Qi Gong has been practiced in China for thousands of years, and is often called "Chinese Yoga." "Qi" means vital energy and "Gong" means to work or cultivate. The exercises integrate mind/body/spirit, and consist of both dynamic, moving forms and quiet, still meditations. All movements are done with an awareness of relaxation and tranquility. Qi Gong is effective for reducing stress, enhancing energy, and movement of Qi in the organs and meridians. It can be practiced by people of all ages and abilities.

---

**Restorative Yoga and Meditation:** Restorative yoga is an invitation to take time for you. It's an opportunity to relax, breathe and let go. Restorative yoga restores balance energetically allowing for deep relaxation and rejuvenation to occur within the body. Each posture is held for several minutes with the support of blankets, blocks, bolsters and other props. The class works with awareness around breath, stillness and presence. It strengthens your connective tissue while opening the mind and body through gentle stretching. The class ends with a 10 minute silent and/or guided mindfulness meditation. The practice as a whole is a great compliment to more active practices and an excellent antidote to stress! All levels are welcome.

---

## Group Exercise Class Descriptions

**Seated Tai Chi:** This class is designed for those who desire to study the art of Tai Chi but are unable to stand for any length of time. Participants will learn modifications to Tai Chi in an upright seated position. Tai Chi has been documented as enhancing coordination, flexibility and the respiratory system.

**Splash Dance:** A shallow aqua dance fitness workout that uses several dance styles, including Caribbean, salsa and ballroom dancing. It is partner-free, and you will learn the true skill of dance, while blasting away calories in the pool. This energizing class will have you moving to the beat.

**Step & Sculpt:** This class is comprised of primarily classic Step aerobics choreography to improve cardiovascular fitness with the addition of strength training and stretching toward the last 15 minutes of class. This is a multi-level class focusing on the basics of good form and technique with the ability to modify it to your own fitness level.

**Strength Training:** A low impact total body workout with a goal of increasing strength, mobility, and stability. Use your own body weight, dumbbells, stability balls, and more to improve your fitness and get stronger.

**Stretch & Core:** Provides the body with a working foundation of the core. Stretching improves flexibility, range of motion, lengthens muscles and decreases the risk of injury. A body with strength and flexibility is less likely to be injured. This class involves the integration of coordination, proper movement patterns, change of posture, enhancement of balance, increased strength of the spine, and prevention of back injury.

**STRONG by Zumba®:** Strong (by Zumba) combines High Intensity Interval Training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your plateaus to achieve overall body transformation.

**Sunrise Bootcamp and Bootcamp:** A full-body workout designed for all fitness levels combining techniques from sport-like activities and exercises using your own body weight or hand weights to achieve ultimate results.

---

**Tabata:** Tabata is essentially the interval format in which any type of exercise is done and is comprised of 20 seconds of high intensity with 10 seconds of recovery. It's also a form of HIIT (high intensity interval training) which has shown to be an excellent way to increase fitness without unnecessary stress on the body and joints.

**Table Tennis:** Table tennis is a sport that can be enjoyed by individuals of any age and physical ability. It is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination.

**Tai Chi Basics:** Moving meditation which will help reduce stress, improve balance by strengthening the lower body and increase overall well-being. Class begins with stretching warm-up, then practices slow-moving Martial-arts type postures and deep breathing techniques following the Yang Long-form style of Tai Chi.

**The willPower Method®:** An equipment-free, full-body workout that strengthens and tones your entire body from the ground up. Combining barefoot, functional cardiovascular training with flexibility and endurance, this fusion format includes a sports-psychology element; encouraging the development of "willPower: strength of mind".

**Total Body:** Incorporating body weight, resistance bands, and free weights. A full body and core workout. This class will leave you sweating and feeling great!

**TRX/CYCLE:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. The TRX Suspension Trainer is a performance training tool that leverages gravity and the user's body weight to complete the exercises.

---

**Vinyasa Yoga:** This all-levels class invites students to explore the possibilities of yoga by linking movement with breath. Students are guided through pranayama (breathing) and asana (postures) sequences and encouraged to listen to their own bodies, as a means to deepen individual practices, make adjustments, develop new outlooks and have new experiences.

**Water Boot Camp:** Held in the large pool, this is a fun, fast-paced class for those who are ready for another level of training. Various types of equipment are used to help you meet your goals.

**Water Warm-Up:** Join the Y instructor for 30 minutes of low impact class using the natural resistance of water to strengthen core musculature and increase balance, flexibility and coordination. Different types and styles of walking movements will be performed such as forward, backward and side to side.

---

## Group Exercise Class Descriptions

**Y Cycle:** A non-impact individually paced cardiovascular workout on specially designed indoor cycling bikes.

**Y I Train:** This circuit style class uses barbells, kettle bells, body weight, and other forms of resistance to achieve better muscular stamina, strength, and overall conditioning. The class format is always fresh and challenging. All levels are welcome.

**Yin Yoga:** This lusciously slow and meditative practice consists of passive stretches held for a period of time – 3 to 5 minutes per pose is typical. Yin Yoga enhances the range of motion in the joints. Yin Yoga focuses on exercising the connective tissues within our joints, offering a long deep release and preparing the body for a sense of renewed stillness and releasing tension deep within the connective tissues of the body.

**Yin/Yang Flow Yoga:** This class is for all levels. Work at your pace. Modifications and challenges offered. This class blends two styles of yoga into one practice bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

**Yoga Flow:** Is open to all levels of practice and abilities and is especially great for beginners or those searching for the therapeutic benefits of yoga. This class emphasizes the Kripalu Yoga connection of mind, body, and spirit. Beginning with centering and pranayama (Yogic breathing), then moving into more active and challenging flow series of standing postures, salutations, and balancing, followed by stretching, and relaxation. Classes build endurance, strength, assist in flexibility, and promote balance and relaxation. This soothing gentle practice focuses on moving slowly into basic yoga poses while using the breath as a tool to remain present and mindful. The slow pace of this of this class allows you to enjoy each pose. Expect lots of stretching and lengthening with a heavy dose of relaxation to wrap up your practice and leave you feeling great.

---

**Zumba®:** Zumba® exercise classes blend upbeat world rhythms with easy-to-follow choreography and fitness moves, for a total-body workout that is a blast. It's all about the music and having fun. All levels welcome.

**Zumba Gold®:** Zumba Gold takes the Zumba formula and modifies the moves and pacing for a more moderate workout that focuses on form, core work and some toning. It is great for beginners, 55+ and anyone who wants to stay active without the high intensity and impact of regular Zumba. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and other world music. It's a dance-fitness class that feels friendly, and most of all, fun!

**Zumba Step®:** Combine the toning and strengthening power of Step aerobics, with the fun fitness party of Zumba.

**Zumba Toning/Mix®:** Targeted body sculpting with high energy cardio work and Latin infused Zumba moves = dance fitness party.

---