



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca

GROUP EXERCISE CLASS DESCRIPTIONS

HIGH INTENSITY - HIGH IMPACT

INSANITY – Our certified workout instructor will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. No equipment or weights needed. Just the will to get the hardest body you've ever had.

BOOTCAMP – This workout challenges your body to its limit through fun plyometric moves and boot camp drills that work your entire body. This class will have you burning calories even after your leave.

TABATA BOOT CAMP – Tabata Boot Camp workouts are short in duration and designed to boost post-exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over. Work each move as hard as you can for 20 seconds, rest for 10 seconds and repeat 8 times for a total of 4 minutes.

TRX – The TRX Suspension Training system® uses bodyweight and manipulates gravity using the leverage of various positions to improve muscular strength, endurance, balance, flexibility and core stability. TRX

HIGH INTENSITY - MODERATE IMPACT

BODYPUMP (LesMills) – One of the most successful circuit training programs that ever existed. Fun basic routines and workouts are utilized to strengthen and tone your whole body. Burn calories; tighten muscles, increase flexibility, strength and mental focus while enjoying great music and ever changing routines. Change the way your body feels! *(Must sign up for this class at the front desk)*

CXWORX (LesMills) – At the intersection of science and personal training lies a new kind of workout. A workout that will tighten and tone your abs, back and butt like nothing else before. The core workout you have been dreaming about!

INDOOR CYCLING – Indoor Cycling offers a variety of cardiovascular training programs consisting of endurance, strength, and all terrain conditioning. These rides offer complete aerobic workout through experiencing all training zones. Each instructor is different so try them all for a variety. *(Must sign up for this class at the front desk)*

TABATA CYCLE – Tabata Cycle takes Indoor Cycling to the next level. This interval training class will have you sweating, laughing, and wondering how the time flew by. This class involves high tempo and lots of sprints. *(Must sign up for this class at the front desk)*

MODERATE INTENSITY – MODERATE IMPACT

DANCE FIT – Looking for a change in your normal exercise routine. Join this high-energy class to have fun while moving to the beat. Using Hip-Hop style dance you are sure to get your sweat on!

MARTIAL ARTS CONDITIONING – Great total body workout while learning self-defense techniques. Classes are taught by certified black belt instructors and do not involve physical contact. Drills are done using focus mitts and blocking pads.

ZUMBA – Inspired by traditional cumbia, salsa, samba and merengue music with a little hip-hop thrown in, Zumba® is a combination of Latin rhythms and red-hot international dance steps. You'll learn to love working out through dance with this upbeat and exciting class! "Ditch the workout... join the party!!"

ZUMBA TONING – Zumba Toning takes the popular Latin-dance inspired workout of Zumba which adds sculpting of the body and cardio.

MODERATE INTENSITY – LOW IMPACT

ADVANCED TAI CHI – Advanced Tai Chi is for the continuing Tai Chi enthusiasts!

AQUA AEROBICS – Looking for a healthy alternative to land exercise? How about a fun, invigorating workout in the pool? Swimming skills not necessary.

AQUA YOGA – Aqua Yoga is a low-impact aquatic exercise, performing Yoga poses in warm water. Aqua Yoga poses simultaneously help you to develop: Strength. Static balance. Range of motion increase

AQUA ZUMBA – Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

BARRE – Barre is a great way to tone muscles and burn calories. Using a combination of ballet, Pilates, and yoga movements, muscles are worked to the point of fatigue and then released through stretching movements.

CORE PILATES – This half hour class is all about your core, while incorporating Pilate's techniques

DEEP WATER AEROBICS – This class, in the deep end of the large pool, can provide aerobic benefits without putting stress on joints. Class participants should feel comfortable in deep water. Aqua Jogger belts will be provided on a first come first serve basis.

YOGA – Experience a great uplifting class, which will improve muscular endurance, build flexibility, relieve stress, and strengthen our immune systems – come try it. Instructors will educate you in the art of precise physical stretches, breathing techniques, and relaxation methods to help you develop fitness and a sense of well-being.

BEGINNER CLASSES

BEGINNER CYCLE – Learn the basics of Indoor Cycling and how it offers a variety of cardiovascular options consisting of endurance, strength, and all terrain conditioning.

BEGINNER TAI CHI – Take time to slow down, relax, and balance your mind and body. Learn this ancient meditation & movement, the softest form of martial arts. These techniques increase energy, strength, and concentration.

FULL BODY LITE – Looking for a way to get starting in strength training. This class offers a variety of exercises using light weight exercises, to help tone your body head to toe. Try this fun workout today!

FIT 4 LIFE AEROBICS – Are you looking for a class that helps you tone, strengthen, and maintain a healthy lifestyle. This 60 minute class will focus on a combination of cardio moves, strength moves, and yoga for all ages.

PEDAL FOR A PURPOSE– Cycling in the water reduces pressure on joints and on the lower back. The hydrostatic pressure and constant water massage increases blood flow and enhances circulation. Great for those with knee/hip replacements.

RESIST-A-BALL – This class improves balance, posture, body awareness and coordination due to the dynamic nature of the resist-a-ball. You can progressively increase or decrease the intensity for each of the various exercises by making slight adjustments in your body position.

UPPER/LOWER BODY CONDITIONING – Tone up your body with various dumbbells, bands and bodyweight exercises. Class also includes core strengthening

ZUMBA GOLD – For active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

LOW INTENSITY – LOW IMPACT CLASSES

BOOMER PLUS (65+) – 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. All participants must bring water to class.

SLOW AND EASY AEROBICS – Held in our waist deep warm water pool, this class includes a series of exercises for the entire body. It is designed to use the support and resistance of water. Swimming skills not necessary. Water temp around 90° and 3'-3 ½' deep.

WARM WATER AEROBICS – For the Health Seeker looking for an alternative to the cooler pool while needing a little more intense exercise than stretching. Warm Water Aerobics is the perfect "middle of the road" exercise program for our water aerobics classes. Water temp around 90° and 3'-3 ½' deep.