

Our classes are more than just a workout, they are an experience. Our signature classes allow you to tailor the workout intensity to fit your fitness and skill level. Join the fun, remember the experience.

Classification	Current Name	Current Description	NEW Name	NEW Description
Cardio	Y Runners/Couch to 5k	Explore the streets and create relationships with others who enjoy running for short-to-medium distanced runs. This program is designed to get just about anyone from the couch to completing a 5K or running 30 minutes at their own pace in just 9 weeks! Journey to 5K starts off by alternating between walking and running small distances then slowly building up over the course of 9 weeks.	Y Run	You may ask yourself, why run? Because, it will give you the opportunity to build relationships with other like minded individuals who enjoy running or walking outside the walls of the Y. Whether training for a 5k or improving your walking distance, this program will be perfect for your fitness level.
	Kickboxing	Focus on cardiovascular strengthening in this high energy class utilizing punches, kicks, and intervals.	Ring Side	Boost your stamina in this kickboxing themed class. You will feel motivated while practicing fundamental punch and kick combinations. You will also increase your cardiovascular endurance.
	Cardio Dance	Enjoy lively rhythms and movements in this fun, choreography-based workout.	Dance Beat	Improve your coordination and rhythm through combined dance movements in this high energy class. Bring your best self, your best friends - and we'll bring our best beats. Guaranteed to have a blast.
Cardio Strength	Boot Camp	This fast-paced class focuses on agility, strength, and cardio segments. This class may be offered outside, weather permitting.	The Edge	Designed to push you to the edge of your limit, but have fun in the process. This class will fire up your metabolism and target your cardio and strength endurance without going over the edge.
	Kickboxing	Focus on cardiovascular strengthening in this high energy class utilizing punches, kicks, and intervals.	Ring Side	Boost your stamina in this kickboxing themed class. You will feel motivated while practicing fundamental punch and kick combinations. You will also increase your cardiovascular endurance.
	HIIT	A form of cardio training that incorporates alternating short intervals with longer, slower intervals to recover.	Aim High	Challenge yourself with high-intensity interval training (HIIT) that delivers both cardio and strength results. Aim to improve your personal best, then switch to actively recover without slowing to a standstill.
	Stroller Fitness	Bring your baby (and stroller) to this fat burning, muscle sculpting class that consists of a cardio workout followed by intervals of muscle sculpting exercises while incorporating your child.	Stroller Strong	This class is designed for parents with younger children who can remain in their stroller while you get to increase muscular and cardiovascular strength, as well as strengthen relationships with others. You and your baby will leave stronger than when you came.
	Muscle Toning	Condition the total body through strength and endurance exercises using resistance equipment including hand weights, body bars, resistance bands, steps, and resistance balls.	Muscle Up	Conditioned resistance training focuses on every muscle group with the intent of improving your strength, endurance and muscle tone.
Low Impact	Cardio Strength	Get a total body workout that focuses on tightening and toning the body with intervals of cardio and strength using hand weights, body bars, resistance bands, steps, and resistance balls.	Ignite	Taught by superstars who inspire and ignite your fire for fitness. You will supercharge your strength and kick up your cardio when you give all you've got to this total body workout.
	Low Impact Cardio	Minimize muscular and joint stress while improving muscular endurance in this low impact class.	Overcome	This low impact class is designed to overcome excessive stress that can be placed on your joints. It will also help improve your muscular strength.
	Low Impact Strength	Work on upper body strength using hand weights, elastic tubing, and other resistance tools are alternated with low impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.	Jump Start	Regardless of your starting point, jump into this class to help you improve upper body strength while using various resistance tools and alternate with low impact aerobics. A chair is used for standing support and stretching.
Cycling	Cycling	Build endurance and strength during this high-energy, interval class of cardio-muscular training. All fitness levels welcome. Bring a towel and water bottle.	Spark	Get lost in the moment and let the playlist spark your performance. Gear up with our music-fueled indoor ride as your journey builds endurance and strength.
Flexibility, Balance and Core	Stretch and Stability	Improve overall flexibility in this relaxing class that stretches all the major muscles of the body, slowly moving through gently choreographed moves.	Stretch and Roll	Muscles sore after your workout? Join this class and improve your stability, flexibility, fitness performance, muscle function and balance. Just like massage, stretching and rolling helps break up knots, releases tightness, while optimizing recovery after workouts.
	Core Express	Improve posture and physical function in this 30-minute version of our core class, as we focus on core strengthening exercises for abdominal and back muscles.	Absolute	A 30-minute class that absolutely works more than the core. Use a variety of equipment to strengthen your framework.
	Barre		Barre	Use the ballet barre or a chair, light weights, isometric exercises, and balance to firm, lengthen, lift, and sculpt the core, arms, thighs, and glutes.
Yoga	Chair Yoga	Develop strength, flexibility, balance, and restoration with the stability of a chair. Class offers the benefits of yoga through a safely guided practice.	Chair Yoga	A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. This class is designed to help individuals who are dealing with limited range of motion. This class will help you develop strength, flexibility, and balance through a safely guided practice.
	Gentle Yoga	Alignment, core strength, flexibility and relaxation, are the focus of class and is accessible to all. Ideal for those preferring a more gentle practice.	Gentle Yoga	A gentle class focusing on slow, rhythmic movement that flows from pose to pose and is designed for relaxation. The instructor will offer a variety of modifications to encourage the participation of everyone.
	Yoga	Control breathing through a series of flowing movements designed to strengthen and lengthen muscles while developing a mind-body connection. Guidance through yoga postures improves strength, balance and flexibility.	Yoga	When the mind quiets down and your body surrenders to the tension, it is then, that harmony and well-being are restored. You will experience deep, rhythmic breathing, accompanied by simple stretches in a safe and comfortable setting. Guidance through yoga will strengthen and lengthen your muscles and improve your balance and flexibility. This physical yoga practice will be unique to the teacher guiding the experience.
	Pilates		Pilates	Increase core strength through gentle rhythmic movements focusing on breath, flexibility, strength, and core stabilization.
Tai Chi	Tai Chi	This class focuses on generating and circulating vital energy around the body by following traditional principles of movement, posture, and breathing.	Tai Chi	The art of Tai Chi has been a source of health, vitality and longevity for centuries. Through slow movement and low impact, the amount of heat your body generates while performing this gentle exercise will have cardiovascular benefits.