



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN THE FUN, REMEMBER THE EXPERIENCE

YMCA Group Exercise Programs

Class Category	Class Name	Description
Cardio	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.
	Dance Beat	This fun class can be any variety of dance that mainly focuses on the beat. Common genres of music you may hear include pop and hip hop.
	Zumba	We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.
Cardio Strength	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 active recovery without slowing to a standstill.
	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, strength, and muscular endurance without going over the edge.
	Complete Conditioning	An all encompassing workout designed to produce total body results. Complete Conditioning is designed for all fitness levels and will strengthen your cardiovascular system as well as most muscle groups.
	Stroller Strong	This class is designed for parents with younger children who can remain in their stroller. You will increase muscular and cardiovascular strength in this boot camp style class.
Cycling	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	Absolute	A 30-minute class that absolutely works more than abs. Use a variety of equipment to strengthen your framework including glutes, core and back.
	Stretch and Roll	Join this class and improve your stability, flexibility, fitness performance, muscle function and balance. Similar to a massage, stretching and rolling helps break-up fascia and release tightness while optimizing recovery after workouts.
	Barre	Use the ballet barre or a chair and isometric exercises to build muscular endurance and balance, to firm, lengthen, lift and sculpt the core, arms, legs and glutes.
	Pilates	Increase core strength through gentle rhythmic movements focusing on breath, flexibility, strength, and core stabilization. Use of equipment will vary from instructor to instructor.
	Tai Chi	Often described as "meditation in motion" the art of Tai Chi has long been a source of health, vitality and longevity. This practice will take you through slow and fluid movements for low impact exercise and meditation.
Low Impact	Ignite	Regardless of your starting point, this class will help you improve total body strength while using various resistance tools and alternate with low-impact aerobics. A chair can be used for support.
	Jump start	Get a total body low-impact workout that focuses on muscular strength while increasing balance. A chair can be used for support.
	Overcome	This low-impact class is designed to overcome excessive stress that can be placed on your joints. Increase your heart rate while moving to the music. A chair can be used for support.
	Zumba Gold	The design of this class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class is perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.
	Sit Strong	This low-impact class is perfect for anybody looking to build cardiovascular and muscular strength and improve flexibility. Sit Strong provides you the opportunity to get stronger without standing or high intensity movements.
Strength	Muscle Up	Conditioned resistance training focuses on every muscle group with the intention of improving your strength, muscular endurance and muscle tone.
Yoga	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. **you will not get on the floor in this class
	Gentle Yoga	A gentle class focusing on slow, rhythmic movement that flows from pose to pose and is designed for relaxation. This is a good place to start if you are new to yoga or looking for more stretching and flexibility. bring your own mat and strap, yoga blocks provided
	Yoga	Yoga will strengthen and lengthen your muscles and improve your balance and flexibility by taking you through a variety of poses. You can expect continuous movement as you flow from pose to pose. This physical yoga practice will be unique to the teacher guiding the experience.