

Cardio & Strength Classes

BODYPUMP™ - One of Les Mills most popular programs, **BODYPUMP™ is a 60-minute barbell-and-bench workout** that challenges all your major muscle groups. The music – choreographed and rhythmic – will lead you through a great workout that promotes lean muscle and toning.

Cycle and Core – This class starts with 45 minutes of indoor cycling followed by 15 minutes of mat core exercises and stretches.

Fit Fusion –The class starts with 25 minutes of high and low impact floor aerobics followed by muscle conditioning, core work, and ends with cool down and stretching.

Hard Core – A 30-minute intense core/abs class that focuses on strengthening muscles of the abs, low-back, and torso.

Indoor Cycling – This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome, remember to bring a towel and water bottle – they are required for class!

Pure Strength - Classes dedicated to just strengthening and toning all your muscles using a variety of weight training equipment including stability & medicine balls, dumbbells, steps and bands! Targets every major muscle group, and ends with abdominal work and stretching.

RPM™ – an **indoor cycling workout** where you ride to the rhythm of powerful music. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning. Music choreography/routines change quarterly.

Sport Interval – This class combines elements of soccer, skating, kickboxing, volleyball, football, plyometrics and calisthenics. The class alternates between hi-lo sports intervals and free weight resistance work. All levels welcomed for a great workout.

Turbo Kick® – An addictive workout combining shadow boxing, kickboxing, sports drills, dancing, and yoga in a party atmosphere. This is an interval based workout for all levels that is fun, exciting and powerful. It only takes one class to be a Turbo Kick fanatic®

Olympic-Style Boxing - Learn the fundamentals of Olympic Style Boxing under the tutelage of a boxing instructor (certified by the United States Amateur Boxing Federation). This is a high intensity class which stresses conditioning and boxing technique. Students incorporate traditional boxing apparatus in the workout (jump rope, speed bag, heavy bag, and double end bag). **Additional fee for this class. For 8-10 yrs, please meet with the instructor to determine potential student maturity and being able to focus on class tasks.**

Triathlon Training – Swim, bike and run training specifically designed to improve technique, build endurance, and enhance triathlon performance. Fun, positive environment and personalized attention from USA Triathlon certified coach. **Additional fee for this class.**

YMCA Boot Camp Program: Outdoor Format and Sessions - Get ready to work out and test your limits! Your drill instructor will challenge you with a military style fitness approach including pull-ups, squats, push-ups, running drills, and much, much more! **Additional fee for this class.**

Tae Kwon Do - Students learn about the Chung Do Kwan skills of self defense by managing the six tenets: Speed, Power, Focus, Balance, Control and Relaxation. The Class is organized as follows: Stretching, Basic Exercise, Pre-defined movements (forms), Free- Style Sparring (upper belts only and NO CONTACT) And Three-step Hand and Foot techniques. **Additional fee for this class. For 8-10 yrs, please meet with the instructor to determine potential student maturity and being able to focus on class tasks.**

Yoga, Pilates & Dance Classes (YPD)

Ashtanga/Power Yoga – this class is a flow practice linking together postures that focus on building strength and stamina, simultaneously building muscle and increasing flexibility.

Core Yoga - This class focuses on uses yoga to strengthen, lengthen and tighten the core muscles in the body. Learn to challenge yourself with target asanas including standing poses, twists, and balancing among others.

Dance Fit - This fun, high-energy class starts with a flexibility and strength-building warm-up that includes Dance stretches, Yoga and Pilates. After warming up, we will learn a dance routine, step-by-step. Exploring different styles of dance, from Jazz to Hip-Hop to Broadway- this class is for everyone!

Fit to the Core – This 1.5 hour class will challenge all your core muscles using Pilates and strength based movements. Be prepared to work your core thoroughly! This class is geared to the intermediate or advanced exercise enthusiast, but can be modified individually for beginners.

Gentle Yoga – Beginner Yoga - A gentle class designed to release tension. While simply stretching and breathing, you will refine your awareness of your own body and create healthy patterns for reducing stress and body aches.

Hatha/Hatha Flow Yoga – This class focuses on combining breathe and movement during traditional sun salutations. While increasing strength and flexibility you will build your practice by advancing through modifications by your instructor. Create a calmer mind and healthier body.

Never Despair Back Care – Unburden your back & your entire being with tried and true exercises for stretching, strengthening and relaxing you back and your body. Prevention is the best cure. Check it out; even if your back isn't giving you trouble.

Pilates Mat/Plus – This class focuses on strengthening and lengthening the body with an emphasis on the core muscle groups. Various equipment may be used (such as light weights, bands and rings). Relaxation stretches and balance work are also incorporated. An all over body workout leaving you feeling energized and rejuvenated!

Medicinal Yoga – This class empowers participants to progress toward good health and well-being by helping to reduce symptoms, restore balance, and increase vitality. This class is great for healthy people, as well as those suffering from arthritis, diabetes, asthma, depression and such other common ailments.

Mommy and Baby Yoga – Designed for mom and babies of 12 months and younger to participate in together, bond with one another through poses, massage and breathing. A relaxing and rejuvenating experience for both mom and baby!

Prenatal Yoga/Pilates – This class is designed for pregnant participants or those just starting back after baby and is designed to help you relax your mind, strengthen your muscles, bond with your baby and prepare for childbirth

Open Studio Yoga – Do you have a specific injury you would like help with? Come with questions during the whole hour, or just part, about specific postures or injuries to receive individual attention in an informal atmosphere.

Tai Chi - (All levels) This meditative and relaxing art can increase balance, energy, circulation and flexibility. Improve your health by connecting the mind and body with movement. Including but not limited to Yang and Sun Style + choreographed sequences and applications.

Yoga for Energy – Combines asana, breathing, and flow sequences to refresh the body and to promote mental clarity.

Yoga for Weight Management and Stress - Featuring techniques of deep relaxation and yoga exercises that have been found effective for weight management. Synchronization of breath and body movements creates a meditative experience.

Yoga/Pilates Fusion and Yoga Plus – Elements of Power Yoga and Pilates principles combine in this class for an intense core and full body workout.

Zumba – (all levels) A Latin-inspired dance fitness class with body-moving music make this a dynamic, exciting and effective fitness system. Combining varying rhythms that tone & sculpt, you achieve a blended balance of cardio and muscle toning benefits. Dance moves are easy to follow and may include salsa, meringue, hip-hop, calypso, cubia, quebradita, country, rock, flamenco, and belly dancing (to name a few!). Its exercise in disguise!

