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.

**Pure Strength** – A class dedicated to 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.

**Hard Core** – A 30-minute intense core class that focuses on strengthening muscles of the abs, lower 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!

**Cycle & Core** – 45 minutes of intense cycling intervals followed by 15 minutes of mat core exercises and stretches.

**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. This class is progressive – the challenge increases monthly with new intervals and weight intensity!

**Cardio Kickboxing** – Strength, endurance, and interval moves are all part of this workout. Kick, punch, and jab your way to a healthier lifestyle. Will improve overall fitness – both mind and body.

**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®

**Krav Maga** – Krav Maga was created “so that one may walk in peace.” This martial arts class not only provides cardiovascular conditioning, but teaches the participant how to defend themselves in realistic, everyday situations. Additional fee for this class.

**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 year olds, please meet with the instructor to determine potential student maturity and being able to focus on class tasks.

**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 year olds, please meet with the instructor to determine potential student maturity and being able to focus on class tasks.

**Yoga, Pilates & Dance Classes**

**Beginning Yoga** – Beginning yoga teaches you fundamental poses with an emphasis on proper alignment and how to modify correctly for your body type, allowing you to take your practice in whatever direction you can imagine.

**Gentle Yoga** – Beginner level yoga 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.

**Restorative Flow Yoga** – A luxurious yoga practice with movements that are slow, gentle, repetitive androcking to create a class that is deeply nourishing.

**Hatha/Hatha Flow Yoga** – This class focuses on combining breath 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.

**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. Intermediate-level fitness recommended for Ashtanga and Power Yoga classes.

**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!

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

**Mommy & Baby Yoga** – Get your little one interested in yoga from the get go! Moms and babies up to 1 year old are welcome in this class that will not only provide you with a fantastic mind and body workout, but will give you some quality time with your bundle of joy as well.

**Prenatal Yoga** – Have a better pregnancy! This class will stretch and strengthen your entire body and will incorporate poses to keep any woman fit from the beginning of pregnancy right up to delivery. Come and take some of the stress of pregnancy away with other mummies to be.

**Pilates** – This class focuses on stretching and lengthening the body with an emphasis on the core muscle groups. The majority of the class is completed on the mat with the occasional use of equipment (such as light weights, bands and rings). Relaxation stretches and balance work are also incorporated.

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

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

**Hip Hop Hustle®** – Burn up the dance floor and burn calories too! Hip Hop HUSTLE™ blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!