Flexibility, Strength and Balance

YMCA Yoga, Pilates, and Barre classes will help you develop flexibility, strength and balance. By emphasizing symmetry of body and mind, classes will improve your body awareness, helping you live more comfortably.

**Yoga**
The ancient art of yoga is known to increase flexibility, improve endurance and reduce stress. Guided poses and a focus on controlled, mindful breathing will help people of all exercise levels find balance, increase flexibility, muscle strength, range of motion and mental clarity.

- **Yoga—Chair:** Designed participants with limited range of motion or flexibility issues. Done primarily seated in a chair without getting on the floor. Participants do not have to stand to participate.
- **Yoga—Beginner:** Best suited for participants who are comfortable getting up and down from the floor. Class is designed to teach the basic fundamentals of Yoga. Prior knowledge is not required.
- **Yoga:** Best suited for participants who are comfortable getting up and down from the floor. Builds upon the skills of the beginner yoga classes. Some knowledge of yoga or ability to hold a plank are helpful but not required.
- **Yoga—Restorative:** opens with slow and gentle poses designed to open the body and relieve excess energy, then moves to postures that deepen the relaxation experience and closes with guided visualization and mindfulness. A variety of props are available to support body opening and release muscular and emotional tension. Poses are maintained for an extended period of time, are proven to help manage pain and stress, while unlocking your body's innate healing powers. Please bring a blanket and standard size pillow.

**Pilates**
The Pilates method is a full body exercise system that emphasizes body alignment, correct breathing and core strength, using body weight, a pilates ring and pilates ball. By developing proper technique, you can actually retrain your body to move in safer and more efficient patterns of motion. Pilates is designed for individuals of all ages who want to improve strength and flexibility without building bulk. It’s also a great class for people who are at various stages of physical rehabilitation.

- **Pilates 1:** This beginners class teaches the basics of pilates muscle strengthening & stretching exercises, focusing on engagement of the deep abdominal core layers and proper lateral breathing.
- **Pilates 2:** This class incorporates pilates muscle strengthening exercise and proper lateral breathing at an intermediate/advanced level. Participants should be knowledgeable of how proper core engagement is activated throughout the exercises. Prior Level 1 class experience is encouraged.

**Barre Sculpt**
A ballet inspired workout using a combination of low impact dynamic movement and small range of motion exercises. This workout helps develop lean muscle mass while improving balance, flexibility and range of motion. Chairs, light hand weights, and mats utilized during workout.
CARDIO

Cardio Fitness classes range from the tried and true Cycle Classes to more advanced classes such as Interval Training.

Each YMCA Cardio Fitness class will get your heart rate up and give you a solid 30- to 60-minute workout. The intensity levels vary from class to class, but all YMCA Cardio Fitness classes can be modified for any fitness level.

**Cycle**

Designed to mirror the intensity of riding a bike through varied terrain. Instructors create an intense ride where the soundtrack will mirror your pace as you climb, sprint and pedal your way through a challenging workout, regardless of your fitness level. Most classes are 60 minutes, a 45-minute Cycle Express class is also on the schedule.

**Step**

Utilizing a step and ever-changing choreography to burn away calories, instructors keep you moving to the beat of fun music. A fun class, with moves that make you feel like you’re dancing, routines are built through progressions, utilizing the space around your step. Great for any experience level.

**Kickbox**

Kickbox leans on the influences of martial arts like Karate, Taekwondo and Boxing. Kickbox is a non-contact, unrelenting cardio workout that gives you the chance to punch and kick your way to fitness. It’s set to inspiring music and the punches and kicks that will annihilate calories and leave you feeling stronger and leaner.

**Zumba**

If you are looking for a fun class that feels more like a night out dancing than a workout at the gym, then Zumba is the fitness class for you. Zumba is an easy-to-follow aerobics style class with a combination of fast and slow rhythms, inspired by Latin dance styles such as salsa, mambo and merengue.

**Interval Training**

Interval training is perhaps the most challenging class option you can choose. Designed around various segments of high intensity interval training (HIIT) with limited recovery time, you’ll gain speed, muscle endurance, and torch calories during and long after your workout is done. Tabata classes are specifically formatted with 20-seconds of the highest intensity exercise followed by 10 seconds of recovery.
CARDIO STRENGTH

YMCA Cardio Strength classes incorporate both strength and cardio to help maximize your time while creating an environment that increases your caloric burn and strength. Build strength and endurance and improve your lung health with Cardio Strength Classes.

Half Time
A combination of cardio and strength exercise using different equipment options to keep you on your toes. There is no set format. Every class is different with half of the class time dedicated to cardio exercises and half the class time dedicated to strength exercises. Your instructor will lead and challenge you to new heights in your workouts.

Fusion
Fusion combines the benefits of a cardio workout, strength training and flexibility training into the perfect group fitness class. With a focus on strengthening your spirit, mind and body, instructors will lead you through a class that emphasizes a flow from one discipline to the next. You’ll get the best benefits of each of these disciplines and leave feeling more whole than when you arrived.

Kick ‘n Sculpt
A Kicbox cardio class combined with muscle building exercises using hand weights and body weight that will continue to burn calories for hours after your workout is over.

Step ‘n Strength
A step cardio class combined with muscle building exercises using a variety of equipment options to keep you on your toes.

Strong by Zumba
A high intensity workout where the music and moves will motivate you to the max! Not your typical Zumba but what you will see in common is the music-- it will drive you to push yourself, producing results in muscular endurance, tone and definition. Includes body weight resistance exercises.

Boot Camp
A heart-pumping mix of Cardio and Strength intervals designed to challenge your body and add variety to your workout. From intervals to sprints and strength exercises, your instructor becomes a Drill Sergeant who will challenge you to reach new heights with your workouts.
STRENGTH TRAINING

Strength training classes build endurance and develop coordination and balance. You can expect to use a variety of equipment such as weights, bands, balls and other tools to get stronger and leaner.

Strength Train Together
Strength Train Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

Total Body Strength
Total Body Strength is the perfect way to build strength while toning your body. You’ll get experience using everything from resistance bands to free weights to get a full body workout. Motivating music and challenging instructors always provide guidance, modifications and encouragement to keep you motivated and moving forward.

Strength Circuits
A strength training class in a circuit format, with cardio bursts to keep the heart pumping. Each circuit provides challenging exercises focused a different major muscle group, using unique equipment options and moves to keep your training interesting and the muscles learning and growing. The instructor coaches on form and technique, and pushes you to new limits every class.
# AQUA FITNESS

When the YMCA pool is your environment and water redefines what resistance feels like, you are in a YMCA water exercise class. Classes include a variety of shallow and deep water environments that use different equipment to increase strength and endurance.

<table>
<thead>
<tr>
<th><strong>Aqua Fit</strong></th>
<th>This group aqua class includes a variety of low-impact cardio moves, muscle toning and stretching for all levels. Both high- and low- intensity options are taught.</th>
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<tbody>
<tr>
<td><strong>Tabatas</strong></td>
<td>Low-impact, cardio/strength class with high intensity timed bouts in the water for all levels. Both high- and low- intensity options are taught.</td>
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<tr>
<td><strong>Shallow/Deep</strong></td>
<td>This group aqua class includes a variety of low-impact cardio moves, muscle toning and stretching for all levels. It’s 90 minutes of work in both the shallow and deep areas to challenge your body. Both high- and low- intensity options are taught.</td>
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<tr>
<td><strong>Dance</strong></td>
<td>Dance to the beat of the music in the water! Enjoy the fun of dancing with little or no impact on your joints in an exciting and invigorating aqua dancing class. All fitness levels are welcome, and modifications are provided to meet your specific exercise goals.</td>
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<tr>
<td><strong>Endurance Swim</strong></td>
<td>This class is designed to improve your swim stroke technique and prepare you for your race goals. The instructor will lead you through swimming drills and a workout that will improve your stamina, speed and strength in the pool.</td>
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ACTIVE OLDER ADULTS

The YMCA offers a variety of wellness opportunities for active older adults—from baby boomers to seniors—including physical fitness, social activities and more.

If you want a low-intensity workout due to arthritis or other physical or joint limitations, we have group fitness classes for you.

**Aqua Fit AOA**
Located in the pool, this class is an ultra low impact combination of cardio, strength and stretching exercises. Instructors infuse the class with their own individual styles while helping you build muscle, improve balance and burn calories in an environment that reduces stress on joints and muscles.

**Aqua Fit AOA Walk & Talk**
Meet your fitness friends in the pool for a member-led session of walking and talking in the water.

**Yoga—Chair**
Series of poses and breathing exercises encouraging participants to focus on both the mind and body. Great for participants with limited range of motion or flexibility issues. Done primarily seated in a chair without getting on the floor.

**PRIME**
Strength circuit class for Seniors incorporating balls, bands & free weights. These classes are easy to follow, and instructors will offer modifications to meet your specific exercise goals, including high- or low-intensity options.