

# Fitness Class Descriptions

All classes are FREE to YMCA members.

**Basics** – A great choice for members getting started in an aerobic program or for members who are looking for a less complicated and low impact workout. The class is designed to teach the basic arm and foot patterns to all type of aerobic classes while emphasizing proper technique.

**Cardio Conditioning** – A great way to increase the calorie burn and challenge yourself! This class will offer something for those who are not as “choreographed” as others. It will include a variety of circuits, athletic drills, agility, core, and strength moves all while keeping your heart rate going!

**Y Pump** – Join this choreographed strength training aerobic class that uses weights. This is a muscle endurance class focusing on primary upper body and lower body muscle groups while giving a cardio workout.

**Step** – A great moderate intensity level cardio class that combines movements on or around a step. The step can be lower or higher to change the intensity level.

**Kickboxing** – This class is guaranteed to give your body an all over complete workout. This cardio workout combines quick powerful jabs and punches with explosive kicks.

**Tai Chi** – This class teaches individuals how to relax and maintain optimal health through a series of postures and movements. A low-intensity, low impact form of exercise, which enhances muscle tone, range of motion, and balance.

**Pilates** – Are you ready for an intense abdominal workout? A combination of strength, flexibility, and balance exercises that tones muscles without adding bulk. Pilates involves dynamic exercises that help to achieve a leaner body.

**Yoga** – Yoga incorporates strength, balance, and flexibility to promote healthy mind, body, and spirit. It revitalizes the mind and concentration while stretching and soothing the body.

**Beginners Yoga** – A great way to be introduced to yoga and what it is all about.

**Abs/Core** – This class is completely devoted to improving the strength of the core muscle which includes the abdominals, back, and obliques.

**Heat** – High energy aerobic training. Interval training will keep your body challenged and asking for more while you tone from head to toe using jump ropes, hand weights, and more!

**Inside/Outside** – This class is for anyone at any level. It incorporates the entire body with many strength conditioning moves while also focusing on the mind and spirit to engage in healthy holistic thoughts and actions to become a whole healthy person; mind and body.

**ZUMBA!** – Come join this high energy, Latin dance inspired aerobic class. Not only will you learn some great new dance moves but you will definitely work up a sweat and have a great time!