


Fitness Class Descriptions

Body Sculpt	Strengthen and tone your entire body using your own body weight, dumbbells, stability balls and a variety of rubber tubing.
Core	Build core stability as you strengthen your trunk muscles in this fantastic 15 minute class.
Cardio Kick	Build your core, legs, and upper body using boxing and martial arts techniques. This class provides a great way to get a cardio vascular work-out.
H.A.B.I.T.	(Hips, Abs, Buns, and Incredible Thighs) Target those “problem” areas with a variety of resistance exercises.
Indoor Cycling	Bring your outdoor cycling inside with this all terrain ride that combines basic rhythmic and athletic training drills. Includes sprints, flats, hills and drills.
Instructor’s Choice	This class is inspired by the need for variety. This incorporates all the regulars and maybe something new, all while giving the Participants and change of pace.
Low Impact Cardio	Low-impact cardio is a class designed to gently raise your heart-rate. Examples are walking, biking, floor work, etc. Come join us and exercise worry-free!
Pilates	Core conditioning class that combines stretching and strengthening exercises designed to tone muscle, improve posture, flexibility and balance, join mind and body, and create a more streamlined shape.
Step	A class designed to work those legs!! One of the first choreographed exercise classes on the market, this traditional class still holds to its start of a great cardiovascular workout that challenges the brain and body.
	
	This class will meet in the YMCA Gymnasium and incorporating the three physical motions of sitting, standing and walking to improve range of motion, flexibility, strength training, muscular endurance, stretching, stability/balance and posture.
Turbo Kick	Turn up the heat! This fast paced kick-box class is a great aerobic workout that utilizes punches, knee strikes, kicks and more to burn calories and tone your entire body.
Y Pump(Extreme)	Muscle endurance class; focusing on the primary upper and lower body muscle groups using weighted bars, dumbbells, resistance tubing and stability balls. Extreme includes higher intensity intervals and core combinations.
Yoga	Muscle strength, endurance, and flexibility are developed in this class. You can be a beginner or experienced we accommodate to all levels and skills@.