

Cardio

Boot Camp: It's the ultimate circuit workout combining intervals of cardio drills and muscle conditioning drills. Enjoy the variety of using jump ropes, boxing drills, climbing stairs, and even a little healthy competition. A high intensity class.

Quick Rebounder: Get a great cardio workout in just 1/2 hour time. This class utilizes the Urban Rebounders, as well as fun props like toning sticks & air ropes.

Simply Step: A step class created especially for beginners in a non-intimidating and first-time friendly atmosphere. This class offers basic step introduction, easy to follow choreography and slow paced music, emphasis on form and proper execution on movements.

Step Aerobics: Our traditional step class with more challenging moves and step patterns. This class will challenge the beginner & advanced participant.

Turbo Kick: The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down.

Strength

Pump It: This class is an any-thing-goes strength workout. The class utilizes barbells, hand weights, resistance bands, and exercise or medicine balls. (Suitable for all levels)

Rep Reebok: This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. This class stresses muscular endurance, muscular strength, power, and reactive training. Great music and your choice of weight will inspire you to get the results you came for. (Suitable for all levels)

Combo Class

20-20-20: You will get it all in 1 hour! Cardio/Strength/Stretch.

Intervalocity: Enjoy a class that thrives on variety. This class includes cardio options like jumping jacks and step climbs, with a bit of weight training sandwiched between cardio bursts.

Total Body Conditioning: An interval style workout. This class will supercharge your fitness, boost your metabolism, burn off that extra fat. Join along & start reaching those goals you've set for yourself. (Suitable for all levels)

Zumba Pump: Combine the Latin blast of Zumba with light weight toning work.

Dancing

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!

Zumba: A Latin inspired fitness class. Salsa, Samba, Merengue and Raegatone dance steps blend together to create a dynamic, exciting, and effective cardiovascular workout. You don't have to know how to dance to enjoy Zumba.

Family Zumba: Enjoy the Zumba craze & have fun as a family dancing together. Children are invited to participate in this class.

Zumba Toning: Take your dancing to the next level by using weighted dancing sticks.

Power Remix: If you like Zumba®, be sure to try our new Power Remix! Come prepared to sweat as you move to radio hits; limited choreography makes this class fun for everyone!

Happy Feet: Just because you may have special needs doesn't mean you can't get groovy dancing the time away! This class is open to all who are differently-abled. Ages 10+

Tiny Happy Feet: This class is geared for our tinniest little dancers with special needs. Ages 3+ Parents are required to remain in the classroom with their child.

Studio 1 Classes

Glenwood YMCA

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www.ymcaerie.org

Facebook Fans:
Glenwood Park
Family YMCA

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