

DESCRIPTIONS OF ONGOING LAND CLASSES

Y-Cycling- An intense cardiovascular workout focusing mainly on the lower body. Suitable for all levels—beginner to advanced.

Pilates- A combination of stretching and strengthening, this class will improve your flexibility and core muscle strength while also focusing on proper body alignment, breathing, and relaxation. All levels.

Y-Pump- Anything goes in this strength training class. You will work all your muscle groups with barbells, hand weights, resistance bands and/or exercise balls. Suitable for all levels.

Step- A cardiovascular workout using step patterns while incorporating high and low intensity into the class (*can be done without a step*). All levels.

Yoga Flow/Tai Chi- A combination of Yoga Flow (Moving with each breath while doing the asanas (poses). Gives you an endurance workout with the stretching and toning of traditional yoga. For all ages and levels, we modify poses as needed. Classes include meditation.) and Tai Chi (An ancient Chinese form of moving meditation. The slow movement provides the opportunity to relax as you strengthen your body without the risk of strain or injury. Improves balance, concentration, flexibility, heart and lung function and also strengthens bones, muscles and joints. The class is done in standing position-no mat work.)

Iyengar Yoga- A precise form to align the body properly so as to increase stability, stamina, strength, and suppleness through poses designed to combine body, breath and mind.

Shape-Up- A toning and strengthening class using the stability ball and hand weights. All levels.

Rep-Reebok- This class is an energized total-body workout with weights. You will work all of the major muscle groups. No experience needed, just your own determination.

Y-Box- An intense cardiovascular workout using punches and kicks to keep you moving, while also toning your entire body and sharpening your reactions and speed. All levels.

Kick Butt Cardio – A high intensity cardio class with a touch of strength training and core muscle work. The cardio is different each class (Hi-Lo, Y-Box, step, Rebounder, etc.) Get ready to burn some calories!

Urban Express- Get your cardiovascular and strength training workouts in one 45 minute class. Using an interval format, you will use a rebounder for your cardio portion and weights or resistance bands for strength training. Get in. Get out. Get done.

Hip-Hop Aerobics- A cardiovascular workout doing modern hip-hop dance moves with a fitness twist. You do not need any dance experience to enjoy this fun, energetic class.

Zumba®- A dynamic and energetic cardio class combining dance with fitness, adding Latin flavor and international zest into the mix. No dance experience necessary. Ditch the workout and join the party!

Zumba® Express – 35 minute high cardio Zumba® workout.