

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- 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.)

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 – 25 minute class**

Boot Camp – Hang on to your hats because there is literally not a minute to waste in this head to toe no-nonsense workout. With every 60 seconds that tick by, you'll be jumping, pumping, pushing and crunching your way to a fitter you! For ADVANCED exercisers!

TurboKick®- is a combination of kickboxing moves as well as dance moves all choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment and is a Fun Workout.

Ab Blast – A 20 minute workout to target, tone and tighten your abs.

Arms & Abs – A 30 minute workout targeting the arms and abs

Beginner Class – A class for those new to exercise. Each class teaches skills needed to participate in a variety of exercise classes. Each session will focus on specific moves. (For class such as Step, Zumba, and Y-Box etc.)