

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/Pilates for Golf- 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. (Pilates for Golf is designed specifically with the golfer in mind)

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.

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!

Cadio Hip-Hop - A cardiovascular workout mixing modern hip-hop dance moves and bursts of high cardio. 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!

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. No previous kickboxing experience necessary.

Tai Chi for Health - Endorsed by the Arthritis foundation, this class allows the student to become more aware of his or her body movement. It encourages movement of the joints in a slow gentle manner, and allows the body and mind to become relaxed.

PIYO - A perfect combination of Pilates and Yoga that is a great new way to help you achieve your wellness goals. This class will help you to improve your balance, flexibility, and core with a little bit of a cardio twist.

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.

Interval Class – Hang on to your hats because there is literally not a minute to waste in this head to toe no-nonsense workout combining cardiovascular and strength training. You'll be pumping, pushing and crunching your way to a fitter you! Not for beginners.

Ball Class - This fun exercise class uses stability balls and hand weights to provide both an aerobic and challenging body conditioning workout. In addition to generally improving your overall fitness level this class will have you burning calories, focusing on the arms, legs, and abs. Any fitness level will enjoy this fun workout!

Hoop It Up - You've never hooped like this before! Using a weighted hula hoop you will work your entire body while feeling like a child again. Not recommended for people with back problems. All fitness levels will enjoy this workout.

Hatha Yoga – Start your day with an invigorating yoga class. This is a one hour class suitable for all fitness levels.

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

Mommy and Me – Enjoy interacting with your baby/child (up to 5 years old) in gentle yoga moves