

BODY CONDITIONING:

Incorporates an upper and lower body workout utilizing cross-training techniques, occasional circuit training, use of bag and hand weights. This class is a fun and effective workout! Suitable for all fitness levels.

BOXING:

Action packed total body conditioning cardio training with constantly changing routines creates a unique energy that will appeal to all types of athletes. With high intensity drills designed to enhance agility, speed, balance, coordination and strength, building moves of boxing incorporating a broad range of punches and athletic drills. Most suitable for high fitness levels. Newcomers welcome-just let your instructor know.

CARDIO COMBO:

Join us for a variety of exercises designed to promote improved cardiovascular fitness. A combination of step, hi-lo, band and core work. This class is the perfect cardio challenge!

CHISEL CIRCUIT:

Low impact full body workout utilizing a variety of equipment including balls, bands, hand weights and more! This 3 segment class focuses on legs, upper body and core training with sculpting and stretching at a safe easy to follow pace. Sure to "chisel" you into shape in no time. All fitness levels welcome.

CYCLE CRUNCH:

Take your ride to the next level with this hour long session. A traditional Y-Cycle class with additional focus on speed, power, intensity and 15 minutes of gut-grinding abdominal work. This class can be modified to suite all fitness levels.

INHALE:

Not your typical yoga class! 45 minutes of powerful asanas to work your body, tone muscles, calm your mind and energize your being! For all fitness levels of yogis and set to a playlist that incorporates current energizing upbeat music with mellow songs to soothe your soul. Friday mornings at 5:45 AM a great way to start your weekend! Led by "Amazing Yoga®" certified instructor Heather Celio. Namaste!

HIP HOP DANCE:

It's hip, it's hot, it's the latest dance grooves set to the hottest music. Begin with stretching and isolations, then each week learn a new dance combo. Instructor breaks the moves down so they are easy to learn and follow.

LUNCH CRUNCH:

Here is a heavy dose of non-stop abdominal exercises and weights. Moderate to advanced levels of fitness.

MSROM:

This class is designed to increase muscular strength, range of movement and activity for daily living skills. Hand weights, bands with handles, and a ball are offered for resistance with a chair for seated and/or standing support. Social activities planned throughout the year as well! Available to ALL YMCA MEMBERS.

PILATES:

A mind-body workout designed to help you develop leaner, longer muscles and establish core strength and stability while enhancing good posture and healthy movement patterns. The Pilates Method is a non-impact technique incorporating six principals: concentration, control, centering, flow, precision and breath.

VINYASA YOGA:

Move from simple to complex poses, from standing and balancing poses to back-bends, inversions and hip openers. Sprinkled in between postures are drops of affirming yogic philosophy that encourage students to embrace yoga and everyday ordinary issues with acceptance and compassion. This class is open to all who wish to explore yoga as an evolutionary journey. The only requirement is that you...show up, do your best ...and let your best be good enough!

WEIGHTS AND ABS:

Total body workout with light weight training on pilates ball or step while targeting your core.

Y CYCLE:

Immerse yourself on a ride including flat roads, hills, rolling hills and sprints lead by certified instructors with motivating music! Bring your ride inside and challenge your body, mind and spirit!

Y PUMP:

The ultimate body shaping, calorie burning strength training class that works every major muscle group! Using cold steel barbells and hot music you will reshape your body-fast!

ZUMBA:

Latin dance steps blended to create a dynamic, fun and effective cardio workout. No need to know dance to enjoy Zumba!