CLASS DESCRIPTIONS

Les Mills BODYPUMP –
LEAN, STRONG, UNSTOPPABLE! This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Your choice of weights will inspire you to get the results you came from.

Les Mills CXWORX – this 30 minute workout really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Les Mills BODYCOMBAT - This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. During this ultimate warrior workout you will strike, punch, kick and kata your way through calories to superior cardio fitness.

COMBAT Express & CXWORX – Get your cardio and your core all at once on your lunch break! Join us Tuesdays at 12:10pm for a little bit of Combat (cardio) and 30 minutes of core (tighten your tummy and your butt). Great start to your weekend!

TOTAL BODY – This 45 minute class will use bodyweight exercises that use your own bodyweight as the resistance for the movements. It will also use use drills designed to enhance agility, speed, balance and coordination.

RECRUIT YOGA – Great for EVERYONE! Yoga will build your core strength, flexibility and stamina but more importantly will help to teach you to be present through mindfulness.

SILVER SNEAKERS CLASSIC – Low Impact. Tailored toward seniors! A strength oriented class using bands, dumbbells and more to develop strong muscles and a toned body. Suitable for all fitness levels. Join Us and Challenge yourself!

WHITE COLLAR BOXING – Train like a boxer! Learn all the skills of boxing except sparring. Learn to shadow box, hit the heavy bag, speed bag, double end bag and focus mitts as well as learning proper footwork and punching combinations used in amateur boxing all around the world. This is NOT just for fitness this is real training under a real boxing coach – SO THIS IS YOUR CHANCE!

ARTHRITIS FOUNDATION AQUATIC PROGRAM – This 45 minute water class is held in the four foot section of the pool. Pool temperature is approximate 86 degrees. The program consists of warm-up, joint range of motion for flexibility and strength and cool down. It includes exercises that improve the members' overall function and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination. *Facility is not handicap accessible.

GROUP FITNESS CLASSES are able to be modified for ALL FITNESS LEVELS!

And All group fitness classes are FREE to members.

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Downtown Y

Group Exercise Class Schedule

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall/Winter HOURS:
Mon-Friday – 5a-9p
Saturday – 7a-8p

Please check regularly for updated schedules as we are updating our class schedule to fit the needs/requests of our members.

For more information please contact:

Downtown YMCA
31 W 10th St.
Erie, PA 16501