

GET YOUR HEART PUMPING

Glenwood Park Y STUDIO 1

Cardio

Boot Camp - The ultimate circuit workout combining intervals of cardio drills and muscle conditioning drills. Enjoy the variety of using jump ropes, boxing drills, climbing stairs, and even a little healthy competition. A high intensity class.

Step Aerobics - Traditional step class with more challenging moves and step patterns. This class will challenge the beginner & advanced participant.

Turbo Kick@ - Full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down.

Strength

Chisel - Class provides several different workout varieties to accomplish a total body workout by use of the Weight Bar, Dumbbells, and body weight. Combine strength with core conditioning.

PiYo Strength— is a unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging, and will make you sweat. Its about energy, power, and rhythm. Think sculpted abdominals, increased overall strength, & greater stability. PiYo will ROCK your world!

Pump It - This class is an any-thing-goes strength workout. The class utilizes barbells, hand weights, resistance bands, and exercise or medicine balls. (Suitable for all levels)

Rep Reebok - This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. This class stresses muscular endurance, muscular strength, power, and reactive training. (Suitable for all levels.

Rep Reebok & Abs - Its Rep Reebok class with an added 15 minutes of Abs at the end. Feel free to come just for the Abs!

Rep Plus - This takes the format of Rep Reebok and adds short bursts of calorie burning movements.

Youth Dance

Stepping— Stepping is a method of creating music with nothing but the palms of your hands, soles of your feet and body. Come join Meko to learn how to make beats and rhythms with your body! Ages 9 and up. No registration required!

A variety of classes are available to our youth ages 3-12. Session program and registration information is available at both desks just ask for the current Session Playbook.

Combos

Total Body Conditioning - An interval style workout. This class will supercharge your fitness, boost your metabolism, burn off that extra fat. Join along & start reaching those goals you've set for yourself. (Suitable for all levels)

Cardio Shred - A Jillian Michaels style workout that mixes weight training with cardio bursts. Sure to make you sweat!

Dance

Zumba@ - A Latin inspired fitness class. Salsa, Samba, Merengue and Raegatone dance steps blend together to create a dynamic, exciting, and effective cardiovascular workout. You don't have to know how to dance to enjoy Zumba.

Zumba Mash-Up—Have you ever gone dancing but were too afraid to get onto the dance floor? Well, Zumba Mash up is for you! Zumba Mash-Up is an innovative way to learn to "bust a move" and to get back into shape. This class integrates traditional Zumba with other styles of dance such as hip hop, country line dancing and eastern Bhangra. Come join the fun and shake your way to a healthier YOU!

Youth Hip Hop— Get your body moving and your heart pumping with this hip hop/jazz dance class. Learn full-routines to popular songs each week in this moderately paced class. Ages 9 -15.

Happy Feet Dance Club - Is located in a fun atmosphere and Free and Open to the Community for individuals with a disability ages 14+. Participants dance to a variety of music while providing a social opportunity for all. Registration with instructor required upon entering.



Studio classes are suitable for ages 13 and up unless otherwise noted.

