

## 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. Some Intensity Intervals added for extra calorie burn!

Insanity® This class uses MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. You'll burn calories, gain endurance and have a blast doing it!

Kickboxing Cardiovascular workout combining boxing, kicking and extreme power moves. Class instructor led and offers variations for all fitness levels.

## COMBO

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

Core Fusion Exercising the muscles around the core, Core Fusion provides the vital components for a stronger core. Build endurance, improve balance and increase heart rate with cardio bursts. Suitable for all levels.

Kinesis Come workout with Personal Trainer Glen Conner as he leads you through this circuit workout combining resistance training and cardiovascular conditioning focusing on development of muscular strength, endurance and general fitness. Ideal for all fitness levels.

Kinesis Express A quick 30-minute version of the Kinesis class. See above.

## DANCE

WERK! Is a fiercely fun dance fitness class based on pop, rock, & hip-hop music. This workout makes you sweat, tones your body and leaves you wanting more!

Line Dancing Join the party! No registration required!! Lorraine will lead you through a sequence of steps that can range from Country, R&B, Smooth Jazz, to Hip Hop. Funk and more!! Try it and learn the newest Line Dances!!

Happy Feet Dance Club A fun atmosphere for individuals with a disability ages 18+. Participants dance to a variety of music while providing a social opportunity for all. Free & Open to the Community.

## STRENGTH

Chisel Class provides several different workout varieties to accomplish a total body workout by use of dumbbells & body weight. Combine strength with core conditioning.

PiYo LIVE® 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. It's 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. Suitable for all levels.

## YOUTH

Youth Kickboxing Cardiovascular workout combining boxing, kicking and extreme power moves. Class instructor led and offers variations for all fitness levels.

\*Taekwondo Fitness An activity-based look at a traditional Martial Art. This class focuses on fun and athletic aspects of the Olympic sport, while still emphasizing the Taekwondo ideals of discipline and perseverance. *Registration Required.*

## ZUMBA®

Zumba 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 Gold This class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Zumba Step We combine the awesome toning and strengthening power of step aerobics, with the fun fitness-party that only Zumba brings to the dance floor. Increase your heart rate while sculpting your lower body.

Zumba Toning The challenge of adding resistance by using Zumba toning sticks helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

STRONG by Zumba Introducing Music-led Interval training! The music in STRONG by Zumba was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. All fitness levels.

# STUDIO 1



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TOGETHER**

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