

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 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.

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 BODYSTEP™ & Athletic BODYSTEP™ – you will combine basic stepping with moves like burpees, pushups and weight plate exercises to work the upper body. There are always lots of modifications to get you through the workout safely.

Les Mills BODYFLOW™ – Ideal for anyone and everyone, BODYFLOW is the yoga-based class that will improve your mind, your body and your life. You will bend and stretch through a series of simple yoga moves and embrace the elements of Tai Chi and Pilates. Breathing control is a part of all the exercises. You'll strengthen your entire body and leave the class feeling calm, centered and happy.

KINESIS—This circuit workout combines resistance training and cardiovascular conditioning focusing on the development of muscular strength, endurance and overall general fitness. Ideal for all fitness levels.

Y-CYCLE – Indoor Group Cycling Class. As intense of a workout as you make it to be. Join us and challenge yourself!

BOOTCAMP – High energy drills combining strength and cardio exercises designed for all fitness levels.

KETTLEBELL – Intervals of strength and cardio training using the kettlebell.

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.

SILVER SNEAKERS YOGA STRETCH – Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

WATER AEROBICS (Fitness) – LOW IMPACT! A combination of shallow and deep water exercises suitable to all fitness levels.

ZUMBA & TONING – For all fitness levels. – “Ditch the workout- Join the PARTY.” An exhilarating, effective, easy-to-follow, calorie-burning cardio dance fitness and strength-party. This Latin-inspired dance-fitness program blends exciting international music and easy to perform steps and moves along with strength exercise to leave you feeling strong.

TAI-CHI – is a system of physical exercise using slow, smooth body movements to improve and maintain health. It is helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

DOWNTOWN YMCA GROUP EXERCISE SCHEDULE

WORKOUTS ARE BETTER TOGETHER



HOURS OF OPERATION:

Monday– Friday: 5am–9pm

Saturdays: 7am–8pm

Sundays– 11–4pm

GROUP CLASSES are able to be modified for ALL FITNESS LEVELS! And are FREE to members.

CLASS PASSES can be purchased online or at the desk. 5 Classes/ \$25.00

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

DOWNTOWN YMCA | 31 W 10th St | Erie, PA 16501
(814) 452-3261

www.ymcaerie.org/downtown/schedules