

PILATES, YOGA AND MEDITATION

Mat Pilates

Mat Pilates strengthens your core muscles, increases flexibility and helps develop lean strong muscles.

POP Pilates

A total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can.

Yoga

Flow through postures linking breath to movement, improve strength, flexibility and create a total mind-body connection.

Yogilates

This is a ground-breaking combination class of Yoga and Mat Pilates.

Gentle Yoga

This Hatha-based yoga class teaches traditional yoga movements using your breath, strength, flexibility and clear mind to increase the mind, body, spirit connection.

Hatha Yoga

Develop a balance between flexibility and strength by learning how to achieve correct posture. Hatha Yoga is a gentle movement using breath as an important tool in movement through the positions.

Power Yoga

A combination of stretching, strengthening, and basic calisthenics-type exercise that includes continuous movement from one position to the next with emphasis on holding poses.

Vinyasa Yoga

Breathed-synchronized movement's focusing on mindful breathing and graceful poses to create a more flowing practice to build strength through connected movements.

Tai Chi and Qi Gong

A series of movements performed in a slow, focused manner accompanied by deep breathing

ACTIVE OLDER ADULTS

SilverSneakers Chair Yoga

Light stretching done in a chair with a focus on body awareness, flexibility, range of motion and breathing exercises.

Enhance Fitness

Sponsored by Silver & Fit, this is a senior fitness program that is proven to increase cardiovascular health, muscular strength, flexibility and balance.

SilverSneakers Classic

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SilverSneakers Circuit

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

SilverSneakers Cardio & Fit

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance.

Zumba Gold

This dance class provides modified, low-impact moves for active older adults.

DANCING

Bollywood

Bollywood dancing is an exotic and exciting way of getting fit through Indian exercise. It offers a fun and expressive workout, incorporating classical, folk and funk styles of dance.

Cardio Funk

A high energy Hip Hop dance fitness class that is mixed with a lot of Funk.

Zumba

The original dance fitness party, this includes routines set to high-energy Latin and international beats.

Zumba Toning

Learn how to use light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs.

INDOOR CYCLING

Spinning/Cycling

This is the ultimate indoor cycling workout to improve cardiovascular conditioning and muscular endurance.

Intro to Spin/Cycling

A 30-minute introductory orientation class focused on form, alignment and profiles to get the ultimate benefit of Spinning/Cycling.

Spin and Strength

This combination class will have you spending 30 minutes on the bike for a cardio workout, and 25 minutes of Total Body Strengthening.

HEALTHY LIVING GROUP CLASS DESCRIPTION

CARDIO AND STRENGTH

15/15/15 Burn

A high energy 15 minutes of cardio, 15 minutes of upper body strengthening and 15 minutes of lower body strengthening.

Body in Balance

Using myofascial release, corrective exercise, mobility drills, balance, and flexibility training to restore alignment to the kinetic chain.

Boot Camp

This cross-training class challenges your body and improves cardiovascular and muscular conditioning.

Cardio Strength

A dynamic training workout that takes you through a variety of cardio and strength exercises, while you sculpt arms, legs and core.

Cardio Kick Boxing

Incorporates techniques from boxing and kickboxing, creating a fun and effective aerobic workout.

Core Strength

Strengthen your abs and back muscles.

Fluidity Barre

Working with the Fluidity barre equipment and learn the latest Barre training techniques to build strength, improve balance and increase flexibility.

H.I.I.T.

High-Intensity Interval Training that optimizes fitness through constant varied functional movements performed at relatively high intensity and low intense exercises.

POUND

This high-intensity interval workout incorporates rhythmic movements with drumsticks. Let the music and high-energy drumming make the time fly past while you work your arms, core, and legs.

Step - Basic movements and

simple rhythmic combinations performed while "stepping" on a bench.

Step and Strength

Is combination of step class and a strength class. Starting off with a 25 minutes step workout followed by a series strength training.

Stretching

Specific muscles or tendons deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. Results in feeling of increased muscle control, flexibility, & ROM.

STRONG by Zumba

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

Tabata - is a form of high intensity interval training that has you work hard for 20 seconds and rest for 10 seconds for a series of 8 intervals (a total of 4 minutes). You will recover 1-2 minutes after each 4 minutes interval. This workout increases endurance and stimulates fat loss.

STOP BY YOUR NEAREST YMCA FAMILY CENTER
FOR ADDITIONAL YOUTH WELLNESS AND FITNESS
OPTIONS UNIQUE TO THAT FAMILY CENTER.

