

YMCA Aerobics

Description of Classes

Abs: A 30 minute abdominal and back workout that is guaranteed to tone up those muscles. All levels.

AM Yoga: Morning stretch with flexibility and smooth flowing transition movements.

Basic Step: Work that body with medium challenging bench stepping moves.

Basic Yoga: Energize yourself and relieve stress with poses that develop strength, flexibility, and mental focus.

Cardio Sculpt High energy floor aerobics and sports conditioning provide a great cardio routine for the beginner all the way to the advanced. Come tone specific muscle groups for an amazing total body toning routine.

Cardio Blast: Cardio combo class with floor aerobics, kickboxing, and toning

Circuit: Are you ready to sweat? This workout is guaranteed to burn calories and tone up your entire body. Instructors will lead you through segments of high intensity cardio (or take it at your own pace) interwoven with different weightlifting techniques.

Core Training w/ Stability Ball: Great core exercise class that will help strengthen core muscles while improving balance and overall coordination.

Latin Dance: Learn Latin styles of dance in an aerobic setting. The Latin Styles are Cumbia, Salsa, Merengue, Rumba, and Bachata. Come and have fun. No dance experience required.

Pilates: Flatten abs, tone muscles, and increase flexibility.

Pumped Up Sculpt: A sculpting class that is combined with some cardio. Tones muscle groups and helps with posture while giving you a touch of cardio. Come feel the burn with this class from beginner up.

Salsa Aerobics: Moving with Latin Dance steps.

Spinning/Cycle: The ride you will be looking forward to all day. This class includes climbs, jumps, sprints, and is a combination of high energy and fun!

SilverSneakers® Muscular Strength & Range of Movement: Combine fun with fitness to increase your muscular strength and flexibility. This class takes you through a variety of exercises using hand held weights, elastic tubing with handles, and a Silver Sneakers ball. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® Yoga Stretch- A blend of three Yoga styles that create a harmony of movement for the whole body. It is taught from a seated and standing position to enhance the flow and energy created in combination with breathing exercises. This class offers a variety of safe and effective options designed to increase flexibility and balance to improve each individual's sense of well-being.

Youth Fit: Designed for 8-12 year olds. This class will get kids moving while having a blast with different games and fitness routines.

Zumba – Dance your way to a fitter you. Exciting and unique Latin moves and rhythms keep your heart rate up and burning calories. Have fun while getting a great workout. No dance experience required!