

Group Fitness Class Descriptions

Aerobic Cross-Training The ideal class for people who love variety in their workouts. Activities may include: step aerobics, kick-boxing, hi/lo impact aerobics and resistance work using body weight, bands and dumbbells.

Jazzercise A non-stop dance inspired workout designed to increase cardio, strengthen muscles and improve flexibility. Learn fun choreography set to a variety of music styles. HipHop, Kickbox & more!

Lite or Lively A light impact, moderate intensity class incorporating fat-burning aerobic activity and resistance work with bands or hand held weights. Great for new or returning exercisers.

TurboKick Fun, fast and easy fat-blasting moves that work every part of your body with phenomenal focus on fabulous abdominals without even hitting the floor.

Muscle Conditioning A true weight-training class involving the use of dumbbells and body weight as resistance to help increase muscle strength and definition and bone density.

PiYo Think sculpted abs, increased overall core strength and greater stability! A unique pilates & yoga blended class is filled with moves that are fun, challenging and designed to make you sweat.

HipHop Try something a little different than your regular aerobic class. Moves taught & repeated so it's easy to jump in & learn them. Mostly low impact but high intensity!

MS/ROM (Silver Sneakers® I) Muscular Strength & Range of Movement: Enjoy a variety of exercises while moving to the music in this chair based class! Designed to increase endurance and strength for easier daily function. Activities include exercises using hand-held weights, elastic tubing and small balls. Ends with stretching and relaxation. A chair can be used for sitting or balance aid.

AOA Circuit Designed for *Active Older Adults*. Moderate intervals of resistance work & aerobic activity to make you sweat! 30 minute on-your-feet workout.

Yoga Learn and master movements that serve to increase blood flow, balance, flexibility, strength, relaxation and mind-body connection. Fitness class-meditation is not a component of this class.

Pilates A mind/body exercise evolved from principles of Joseph Pilates. Proper breathing, core training & flexibility are key portions of this class. Incorporates strengthening, toning & stretching for a full body workout.

Studio Cycle An intense cardio workout on a stationary bike that is adjustable to provide a custom fit. Instructor provides motivating music and instruction. Participants can control the level of intensity on bike. *Important! New 'cyclists' please arrive 10 minutes early for set-up instruction prior to 1st ride!*

ZUMBA Ditch the workout-join the party! Enjoy crazy fun aerobics to latin music. Try it once and you'll be hooked. **ZUMBA Gold** for beginners of all ages-It's exercise in disguise!

SS/MSROM (SilverSneakers® I) Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activity for daily living skills. Hand-held weights, elastic tubing w/handles & a ball are offered for resistance. A chair is used for seated and/or standing support.

SS/YogaStetch (SilverSneakers®) Vertical yoga Exercises may be done while seated in a chair or standing. No floor/matwork in this class. Regular yoga participants are welcome to bring mats & join in-instruction offered for mat, chair and standing alternatives.

Tai Chi Ancient Chinese exercise-experience the flowing movements & treat your whole body to a great workout-mentally & physically. Proven to lower stress & blood pressure plus increase flexibility, strength and coordination. 101 for beginners. Other for more experienced Tai Chi participants.

Intro Classes Let our instructors introduce you to all the various forms of group exercise offered at the Y! A different type of class high-lighted each week. Check schedule on Bulletin Boards outside Aerobic Rooms for dates of each. No sign-up needed-just show up & enjoy learning at a slower pace than in the regular classes.