



BOOT CAMP

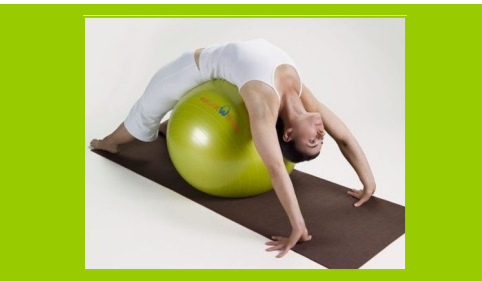
Exercises such as squats, sprinting, running, circuit & weights will be the order of the day in this class!

ACTIVE OLDER ADULTS

This is for the 55 & older. This class meets 3/wk for light exercise consisting of stretching, hand weights, cardio and more. Come join us and keep moving!

CARDIO ABS

Burn the fat and sculpt those abs! This is a fast paced class geared to tighten your mid-section! Unique moves and great music keep you motivated while you whittle your waist!



CARDIO KICKBOXING

Ready to sweat? This high energy class has helped to re-shape many! Participants are encouraged to work at their own pace. Great upper & lower body!

GROUP CYCLING

This high-energy class mimics a real road ride. Ride with a group of participants to simulate a variety of terrains (flat road, steep hill) and cycling conditions. Great cardio!

GROUP FLEX

A series of pyramid repetitions with varied weights will help you achieve the tone and strength you are looking for!

KIDS-IN-MOTION

For ages 6-10 years. This is a popular and very fun class to help get children into the habit of exercise. Our instructors making working out fun!!

POWER YOGA

This is one hour of powerful poses and deep stretching. The key is breathing through a pose and controlling your reaction to stress. This is a class you will sweat in !

MAT PILATES/YOGALATES

These classes will help you develop muscle elasticity and joint mobility. A body with balanced strength & flexibility is less likely to be injured!

REFORMERS PILATES

Pilates dramatically transforms the way your body looks, feels, and performs. Build strength and sleek, lean muscles without building bulk!

STEP AEROBICS

Tried and true, this class works! This class involves a wide range of stepping patterns to achieve a cardio as well as great toning and strengthening class! Great workout and fun!

STRESS RELIEF YOGA

This is a slower rhythm form of yoga. Deeper stretches & more time to feel the pose. Each works at their own pace.

TOTAL CONDITIONING

This class targets cardio & strength all together! Circuit stations are pre-arranged for the class. This is a hard working class that will get results!

ZUMBA FITNESS

High energy & high motivating music with unique moves and combinations that will inspire the whole class to dance away those pounds! Join the newest craze and lose inches!

STRETCH & ROLL

This class is a must! Regardless of your cardio or strength training, add this class to your repertoire. Great for flexibility & help on your recovery days!

TREKKING

This class is a great way to bust out of running boredom. Get a great workout in & work on increasing your speed & endurance!

S.A.T.S. Spartan Advanced Training Systems

Think extreme boot camp! This is not an easy class! Pull ups, push ups, running, sprints, relays. Fast paced class and one hard workout.

Check with front desk for a copy of our YMCA Membership Newsletter which includes our monthly fitness schedule!