

Group Fitness Class Descriptions

CARDIO & MORE: Join Cindy and challenge your body with aerobic cardio moves and core exercises in a very friendly environment & fun class.

CIRCUIT TRAINING: Enjoy a great workout with Liz using a variety of equipment. Circuit training includes cardio intervals between muscle strengthening exercises. Great calorie burner while toning your body!

LATIN DANCE: Dance your way to fitness with a combination of salsa, merengue & cumbia movements with Marife.

PILATES: Pilates offers a functional approach to strength and flexibility training with exercises to strengthen the core while developing stability and abdominal control. Pilates slow careful and controlled exercises are excellent for increasing flexibility and improving posture and coordination with Carolann.

SPIN & SRENGTH : In this class you will do cardio on the bike and then off the bike do strength building exercises. All levels welcomed to workout with Janice.

VINYASA YOGA FLOW: Join Judy in yoga practice focusing on breath and body alignment. Please bring your own yoga mat.

BEGINNER STABILITY BALL: Allow Shirley-Ann to teach you strength building moves for upper and lower body while engaging the core and improving balance. 45min class

FIRM & FOCUS: In a group setting Carolann will teach you how to strengthen your major muscles while improving body posture and balance, using a variety of equipment.

HATHA YOGA: Let Kapila help you focus on gentle stress reducing postures, stretching and breathing to strengthen the body. Saturday class 45min

AQUAFIT: Enjoy a great workout with Brandice, Janet or Andrea and increase your cardio conditioning, toning, and flexibility in shallow and deep end of the pool

H2O BOOT CAMP: *Using the resistance of the water and instructors choice of equipment this class is for people who want a push. So join Tanya and enjoy a great workout.*

PRE/POST NATAL AQUAFIT: Come Join Tanya in a fun and safe way to stay active during and after pregnancy.

SPIN: *join one of our spin instructors in an enjoyable class, spin at your own level.* Some of the great benefits stress relief and calories burned.

MEDITATION YOGA: Some of the great things that will be taught are peace of mind and stress relief .please bring cushion ,blanket and yoga mat

****Class space is limited, participants will be accommodated on a first come first served basis.
*All patrons please check in at front desk to pick up class tag before entering class.***

Personal Training: *One on one guidance from our certified trainers will help you achieve your goals combining education and motivation. If interested please pick up par-q at front desk.*

Available by appointment please call 790-9622 ext 224

YMCA HEALTH & FITNESS

WE BUILD STRONG KIDS, STRONG FAMILIES AND STRONG COMMUNITIES