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**CLASS DESCRIPTIONS:**

**HIGH-INTENSITY INTERVAL TRAINING (H.I.I.T)**- An exercise strategy intended to improve performance with short training sessions. HIIT is a form of cardio which is beneficial to burning fat in a short and intense workout.

**CARDIO KICKBOXING/BOOTCAMP**- Traditional Kickboxing moves and boot camp drills then end with a core workout to strengthen your midsection.

**CARDIO FUSION**- This class is packed with cardio, (including floor aerobics, step aerobics, Zumba, and batuka) weights, core work, and stretching. Perfect for all fitness levels.

**PILATES/ Power Yoga**- Body conditioning combining flexibility, strengthening & balancing into one energizing workout. Put your body back in balance and relieve stress place on the muscles during strength training and cardiovascular activities. The emphasis on the core will help strengthen the back and abdominal muscles.

**P.U.L.S.E.**- A warm-up, aerobic conditioning, strength training, and a complete abdominal work out. Routines are easy to follow, and participants are encouraged to work at their own pace. **FREE** for YMCA members.

**SPIN, LIFT & CORE** – A combination of group cycling and strength training with free weights. Burn calories while you tone your muscles. Held in the Cycling room and finish off with an abdominal workout in the multi-purpose room.

**TOTAL BODY SCULPT**- Maximize your body’s fat burning potential by adding strength training to your routine. Burn calories and increase lean muscle mass. Participants are encouraged to lift heavy!

**FITNESS TRX WARRIOR** – Class is designed to help beginners and challenge advanced warriors, using the new equipment including the TRX in the Warrior Room. This class will help you become an overall stronger and healthier person. Nutritional counseling and email support are included for an additional fee.

**Y CYCLING**- Burn 300+ calories per class and watch the weight melt away with challenging intervals. Great low impact exercise, upbeat music, and fun socialization will make you come back for more!

**ZUMBA**- ZUMBA routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. You do not need to know how to dance.

**Drums Alive** – This class combines movement with the power of drumming. It’s a workout for the entire body as well as a powerful tool for stress reduction and mental balance. Come and experience the joy of music, movement, and rhythm and feel like a rock star!

**BARRE CONNECT** – In this BARRE class participants will “connect” the components of Ballet & Dance Technique, Yoga Postures, Functional Strength Exercises, and Cardiovascular Training in a FUN, total body strength workout.

**TRX Power Circuit** – Take advantage of the new warrior room and utilize the new equipment including the TRX, kettle bells, sandbags, PLYO boxes and warrior ropes. Power circuits will be set up to leak you through functional exercises.

**STRETCH & CORE** – This 45min. class will use yoga and mat work to focus on stretching the body while adding some toning moves to strengthen the core. A great class to finish out the week!

**Kid Active** – Students in grades 4-8, will be lead in a variety of exercises using dumbbells, mats, resistance bands and tubes, stability balls, as well as utilizing their own body weight for exercise.

