

Class Descriptions

Advanced Hatha Yoga- a powerful, fitness-based approach to yoga practice that incorporates the athleticism of dynamic movements and carefully coordinate poses one after another. The emphasis is on strength, flexibility, and concentration of mind, using your entire body to achieve new skills. This class is designed for an advanced yoga student.

All Terrain Cycle- This technical cycling class will help you develop expertise in techniques (e.g. cadence, hill climbing, intervals, flats) with challenging workouts carefully designed to run over 12-16 week segments.

Body Sculpt- This total body weight bearing workout uses various types of resistance to strengthen every muscle group to maintain muscle mass and bone density. (Body Sculpt **Ball** specializes in training on the stability balls, **Barbell** specializes in training with barbells)

BodyPump®- A weight based group exercise class. Using light to moderate weights and a lot of repetition, BodyPump delivers a total body workout.

Cardiolite- A low impact class with an emphasis on improving posture, balance, range of motion, flexibility and muscle strength.

Danceworkz- an aerobic and strength workout that will increase flexibility, strength, balance, coordination, endurance, body awareness and confidence. This class starts with 30 minutes of choreographed dance followed by 15 minutes of light weights and 15 minutes of mat work. Great for all levels of participant.

Express HIIT+Core- 30 minutes of high intensity intervals plus 15 minutes of dedicated core work will hit every muscle using bodyweight, dumbbells, plyometrics, and floor work.

Express Workouts- the Y offers great workout options for members in a hurry. Express Cycle, Core, and BodyPump are 30 to 45 minute classes. Take advantage of a great workout in less time.

Functional Fitness – This class uses body weight and strength training moves to train your muscles to work in unison to prepare for daily tasks you will do in everyday life, work or sports making everyday activities easier, reducing your risk of injury and improving your quality of life.

H.E.A.T.- High Energy Athletic Training, this class uses a series of short high intensity intervals followed by low intensity intervals to burn calories and supercharge your workout. **Tabata** is our 30 minute version of H.E.A.T.

Hatha Yoga- the foundation of all Yoga styles. This style of yoga incorporates postures, regulated breathing and meditation. Hatha yoga may include a series of deeper balancing, stretching, back bending, twisting and inverted variations.

Integrated Strength- Designed with older adults in mind, this strength class focuses on improving strength in all the major muscle groups.

Iron Maiden Lifting Club- This ladies only group does a supervised total body weight training workout in a supportive, safety conscious environment.

Men's Strength Training - This men's group is structured as a weight training class. The program includes activities designed to maintain muscle, endurance and flexibility.

Pilates Mat- Pilates Mat classes are designed to improve strength, flexibility, coordination and balance through a series of pushing and pulling exercises that may add resistance for an extra challenge. Beginner classes are for those new to Pilates, while the Advanced class is designed for those with more experience. Not sure which class is best for you - start with the Beginner Class.

Power Strength Cycle- Take on the terrain through hills, flat roads, mountain peaks, time trials and interval training. Discover your inner athlete as you sweat and burn calories to reach your endorphin high.

Tai Chi-This practice, over time, leads to better balance, posture as well as better mental focus by creating a calm and clear mind. Additional benefits include an increase in muscle tone, strength, and flexibility, making functional day-to-day activities easier and more enjoyable.

Teen Strength Training-This class is an introduction to strength training for teens ages 12 to 15. Led by a certified personal trainer, teens are taught proper lifting technique, safety and weight room etiquette.

Vinyasa Yoga- an athletic yoga practice, practitioners flow from one posture to the next in conjunction with breathing to build heat and increase flexibility.

Y Fusion- A fun and easy to follow choreographed aerobic dance class, followed by a muscle toning segment.

Yoga 101- designed as an introduction to the practice of yoga. Class is slower paced and focused on developing clear and safe alignment in foundational poses.

Yogalates - Don't let the name confuse you, this new class is not on the Starbucks Menu! Yogalates is inspired by yoga and Pilates. It combines the physical and mental benefits of both practices. Working within your own limits is at the heart of Yogalates. This class is superb for flexibility, muscle toning and endurance.

Yoga Strength – Designed to find the strength, flexibility and dynamic energy to achieve the expression of a pinnacle pose. This class combines static poses, movement sequences and challenging core work to advance your Yoga practice. All levels welcome.

Zumba®- A class that fuses hypnotic Latin rhythms and easy-to-follow moves. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

PLEASE NOTE: In case of emergencies, every effort will be made to hold classes as scheduled, as long as the branch remains open. An alternate class format and/or instructor may be held. All classes are subject to change and/or cancellations without notice.

Participant Capacity: Movement/Dance classes in the Gym are limited to 35 participants and 18 participants in the Studio. Non-Movement classes in the Gym are limited to 55 Participants and 22 Participants in the Studio. Free weight room classes are limited to 10 people in addition to the instructor.

Participants must be 16 years and older to attend group exercise classes. Teens ages 12 and older may attend Zumba, Danceworkz or Y Fusion with a parent or guardian. We ask that teens participate on the sides of the gym or studio.

Ⓟ indicates class has limited number of spaces available. To ensure participant safety, please ask for a pass from the Front Desk before attending class, and then give the pass to the instructor of that class. Passes are available 30 minutes before class start time.