

# CLASS DESCRIPTIONS

## STRENGTH & CONDITIONING

<b>SHRED 30</b>	Start your day right with this efficient, high intensity, high impact muscle-blasting program! Learn the shredding secrets of bodybuilding pros as you simultaneously build muscle and burn fat using a variety of weightlifting techniques and calisthenics to push your limits and reach that next level of fitness!
<b>Y-TEAM FITNESS (Beta class)</b>	Using a team-style training format, Y-Team Fitness focuses on growing every individual in their fitness journey in a supportive group setting. From the beginner to the elite athlete, you will improve through personalized instruction of foundational strength and conditioning exercises. No matter what your goal, no matter what your starting point, we believe everyone belongs to our team!
<b>BODY STRENGTH</b>	From beginners to advanced, this traditional weightlifting class will help you create a solid foundation for resistance training. Resistance training (also called strength training or weight training) uses different modalities of weights to resist muscular contraction and improve strength, anaerobic endurance, bone density, and size of skeletal muscles.
<b>BOOTCAMP</b>	Bootcamp provides a mix of aerobic, strength training and speed elements to improve overall health. The variety of calisthenics, drills, and multi joint exercises will continually challenge you while the group environment helps create a sense of team working towards a common goal!
<b>STRONG NATION®</b>	Fighting Elements + Fitness = STRONG Nation®! This class combines body weight, muscle conditioning, kickboxing, martial arts, cardio and plyometric training moves synced to original music. You'll achieve a high caloric burn while toning arms, legs, abs and glutes.
<b>CARDIO KICKBOXING</b>	Kick and punch your way into wellness in this fun, invigorating cardiovascular class. Class moves can be modified for all levels to create a low impact environment.
<b>BARBELL PUMP</b>	Meet us at the BAR! This strength class builds upon the classic barbell movements of the squat, deadlift, overhead press, chest press, and row to improve overall strength, tone, posture, and function. Low weights and high reps are the magic formula in this class to achieve a strong, sculpted physique!
<b>MOBILITY TRAINING</b>	Open joints, release tension, improve functional movement, decrease pain and strengthen athletic performance! This class is a full-body "Stretch & Activate" workout designed to correct joint dysfunction and muscular imbalances that keep us from performing our best in the weight room, on the field, and in daily life!
<b>ACTIVE OLDER ADULTS</b>	This low intensity, low impact workout for those 55+ focuses on functional strength, mobility, and stability. Improve bone density, anaerobic conditioning, energy, and balance while decreasing stress and anxiety, excess weight, blood pressure, and chance of disease.
<b>WATER AEROBICS</b>	Make a splash! This low-impact workout done in our pool is ideal for those with joint problems, chronic pain, or injuries and helps to improve both strength and cardiovascular endurance.
<b>LES MILLS® (Coming Soon)</b>	Coming Soon! BODYPUMP, BODYCOMBAT, SPRINT!
<b>TWEENS FITNESS (Coming Soon)</b>	As a service to our valued members, our Tweens Fitness Program provides positive and fun on-site workouts for kids ages 10-12 years old! While parents workout on the Wellness Floor, children can participate in an age-appropriate group workout with their own certified instructor! Please Note: All members must check-in at the Y Membership Desk and sign in their children in and out of the class. Parents must remain in the building at all times and must promptly pick up their children at the end of the class session.

## DANCE JAM

<b>ZUMBA®</b>	We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.
<b>ZUMBA GOLD®</b>	Zumba Gold is for active older adults who are looking for a modified Zumba class at a lower intensity.
<b>STEP</b>	With an adjustable step platform, this high-energy class helps increase endurance and body toning through active, choreographed cardiovascular exercises targeting different muscle groups. Step it up and down, over and around, to the sound of your favorite beats in this fast-paced session!
<b>XTREME HIP HOP®</b>	This music-based fitness program pairs step aerobics to classic hip hop for a unique club vibe while building strength and endurance!

## MIND - BODY

<b>YOGA</b>	Various disciplines of yoga are offered including Power, Vinyasa, and Gentle.
<b>PILATES</b>	Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.
<b>TAI CHI</b>	Originally developed for self-defense, tai chi has evolved into a graceful form of exercise now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing postures and movements.
<b>BARRE FUSION</b>	Feel the burn! Blending Pilates, power yoga, and barre, this low impact, high intensity workout isolates deep muscles in the core, glutes, arms, and legs. Using a variety of apparatus such as the barre, bodybars, stability balls, and Bosu, your strength and endurance will be challenged in ways you didn't think possible!

**SPECIALTY PROGRAMS (Fee-based) See our Wellness Director for more information!**

**PILATES REFORMER • JU JITSU • KARATE • LATIN DANCE  
COMING SOON: ELITE PERFORMANCE • USA WEIGHTLIFTING • TEEN STRENGTH**