

Additions to the Summer II Schedule:

ZUMBA! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away! The 1 hour routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!

Outdoor Fun Run: A great class to enjoy the outdoors and get your run done for the day!

Meet Jackie in front of the YMCA at 615am for some stretching and a 4- 6 mile fun run at a 10 min. pace! You'll be back in time to hit the showers and get to work!

Also a perfect way to start your brick workouts for the triathlon season

Express Strength/WOW: Can't commit to a whole hour of class? Give this express strength/core class a try – great for the beginner exercise and for those who are crunched for time! Perfect way to hit the gym and still have time for the outdoors!

CardioBoxExpress: Come inside for an express workout! You'll have a lot of fun with this punching and jabbing high energy class!

Outdoor Fun Run: A great class to enjoy the outdoors and get your run done for the day! Meet Mira in front of the YMCA at 615am for some stretching and a 3- 5 mile fun run! You'll be back in time to hit the showers and get to work! Also a perfect way to start your brick workouts for the triathlon season!

Pilates Beginner: This is a mat class focusing on developing the abdomen (particularly the lower portion), low-back and hips into a firm central support system. Mats and props are provided.

Advanced/Inter Pilates: This is a mat class as well but is designed for those individuals with at least one year of pilates experience. Different props: balls, rings are provided. Advanced & Intermediate only please.

Yoga: Classes are Iyengar-based. Students are encouraged to use props in order to assist in aligning the poses properly and are for those who are more active and athletic. Mat and props are provided. Often times Yoga is a progressive class, please talk with the instructor before class when joining in the middle of a session.

VinYasa Yoga: This style of yoga links the breath and movement together for an aerobic benefit. In this type of yoga you learn to flow with the breath and the music. This is an invigorating and strengthening cardio workout. All levels are welcome with progression at your own rate. Let your instructor when joining the class for the first time, they will be sure to make you feel at home.

Nia™ : Move over Aerobics....here comes Nia™. The class goes from tumbling and reaching to punching and kicking....all moving to a variety of music that ranges from African drumming to Sting and Sinéad O'Connor. The Nia technique is a low impact movement form, designed to provide an exhilarating workout for all fitness levels. It combines the best elements of martial arts, healing arts (like yoga) and dance. All Nia classes are low impact, high energy, and can be adapted for every body.

Flex&Balance: A great alternative to Yoga – enjoy a full body stretch class, muscle by muscle!

Turbo Kick™: The YMCA is the only place in the area that offers this fun, exciting workout! Try it once - you'll be 'hooked'! It's a blast! This class is a choreographed kickboxing format that is progressive the same routine is used for approximately 7 to 10 weeks; advanced options are added on as we go. All levels are welcome - some coordination is 'helpful'.

STEP: Join this high intensity, low impact aerobic class! This class includes a variety of movement and routine that will improve your agility, balance and coordination!

Ultimate Conditioning: Tired of using the same old weight machines? Switch it up with an ultimate conditioning class! Mondale teaches a more advanced/military-style class, whereas Lisa's Wed/Fri class has a more nurturing (though still very challenging) approach. Join Mondale on Tuesdays for an upper body workout and Thursdays for lower body. Are you up for the challenge?

Down to the Core/ABS: This class focuses mainly on low back and ab strength, using the stability balls as well as other equipment. Want rock hard abs? Join the class!

All About Legs: This half-hour class is sure to give your lower half an exhilarating workout. Work your way into those jeans!!

Total Body Challenge: Includes a strong emphasis on core strength, muscular endurance and balance exercises in combination with overall strength training. *Now with more time for cardio and toning!*

Group Cycling Classes:

ALL TERRAIN

You get a little bit of everything in this class, flats, hills, jumps, and sprints. You're guaranteed an Incredible workout!

Serious Cycle

Are you a hard core cyclist and need to get your miles in? Join Kathleen as she takes you through a series of road riding. She'll use a combination of resistance and speed to help you achieve the most out of your ride. Great class to track your miles and cadence with our new StarTrac personal computers!

POWER Spin- Mid Day

This class is not for the faint of heart! It is a cycling class that is sure to challenge even the most experienced Riders. Bring a towel and be ready to sweat!

WATER AEROBICS

Joint Effort with Joyce: Class designed for adult with special needs, and taught under the guidelines of the Arthritis Foundation. Emphasis is on strengthening and stretching the muscles using the water as resistance.

Deep Water Conditioning: Takes place in the deep end of the pool & gives you a workout with a number of different movements. The use of stretch cords, hand weights, and noodles vary intensity. This class runs in conjunction with Pre/Post-Natal Water Aerobics.

Water Conditioning: Emmanuel facilitates a full body workout incorporating weights, stretch bands and the natural resistance of the water. Class takes place in the shallow AND deep ends of the pool.

Shallow Water Aerobics: Offered Sunday mornings, this class is designed as a cardio workout with a number of different movements. Water Barbells as well as hand weights are used to increase resistance in the water.