

Aerobic Challenge: A brisk and fun workout for the entire body. Utilize basic calisthenics and aerobic moves to get your heart pumping and all of your muscles jumping. Suitable for people of all fitness levels.

AOA Fitness: This class recognizes the range of physical abilities in the older adult! The exercises performed will help develop and maintain muscular strength, muscular endurance, balance and coordination. Age has no limits!!!

Basic Ballet: This class will provide instruction on basic ballet postures, positions and vocabulary, and fundamental movement-then build these basics into ballet steps and combinations. Children will also be introduced to creative movement! Ages 5 – 7 *Fee for class

Dance Body Conditioning: Condition your body the way a dancer does in this muscle conditioning class.

Boot Camp: Wake up! This circuit class incorporates light running, military-style calisthenics and muscle conditioning with the help of an extremely motivating group fitness instructor.

BOSU Training: The BOSU or “**BO**th Sides Up, is a piece of equipment that integrates balance and stabilization with exercises that challenge the cardio system, muscle strength and endurance or flexibility. The BOSU is the most versatile and complete training device you will ever encounter. It’s fun! It’s new! And there’s nothing else like it!

JAB! This high-energy level class is for the boxing enthusiast! Basic combinations involving jabs, punches, and kicks are thrown into a free-standing heavyweight bag. Pulsating music will keep you motivated the entire hour. Jump ropes also added to complete this intense, interval training workout.

Muscle Conditioning: Work every major muscle group incorporating free weights, tubes, bands, balls, the BOSU, and body bars. Look to gain both muscle strength AND muscle endurance.

Pilates: A mind-body form of exercise that helps participants become more mindful while exercising, primarily by controlled breathing during movement and by focusing on what the body is doing. The exercises used, focus on the muscles of the abdomen and back or ‘core’.

PIYO: A mind-body class combining Yoga and Pilates where some exercises are performed seated and some are performed standing. You will move at a decent tempo from pose to pose, exercise to exercise, focusing on core strength and stability. This class is suitable for beginners to advanced students and offers many levels of modification.

Olympic Weightlifting: Improve your athletic potential through quick lifts and their derivatives; the snatch and clean jerk, power snatch, power clean and front and back squat. Let our qualified professionals help lead the way! Class meets in the Free Weight section of the Wellness Center. Ages 11 - Adult

Plyometrics Plus: A Sports Conditioning class that incorporates speed, agility, and lateral movement drills. Jumping, squatting, and bounding are just a few of the exercises performed. *Fee for class Ages 11-18

P.U.L.S.E.: People Utilizing Life-Saving Exercise. This class provides the proper warm up and stretching to get you moving in the morning. The cardiovascular portion allows you to work at your own pace. The workout also includes a variety of stretching, toning, and strengthening exercises.

Step Challenge: Choreographed step routines will keep you moving in this high-energy class!

WOW: Women on Weights was designed with the woman in mind! Participants are educated on the myths and trends in the fitness industry, wellness issues, and general nutrition concepts. All of this is combined with a total body workout. Classes are instructed by a YMCA certified personal trainer and held in the Fitness Center. Classes are limited to 8 participants. *Fee for class

Y-Cycling: Whether you’re a beginner to cycling or an advanced rider, Y-Cycling is for you! Our instructors lead you through a safe group fitness cycling experience. Class sizes are limited to 6 participants and a class pass must be obtained at the front desk no more than one hour before the start of class to reserve a bike.

Yoga: This class will center the self, stretch and strengthen the body, and calm the mind. Strength training, cardiovascular conditioning, and flexibility are combined using traditional yoga postures. Wonderful for all fitness levels!*Fee for class