

YMCA Group Fitness Class Descriptions

Pilates (F & T)	All Levels	Enjoy improving your strength, flexibility, balance and coordination in a peaceful atmosphere. Leave the class with a sense of calm energy and well being (and perhaps a flatter tummy). This class is 55 minutes long.
Kickboxing (C)	Multit-level	This is a mid to high endurance cardio class. Build up your cardio endurance and help sculpt the arms and legs with the
Indoor Cycling Class (C)	All Levels of Fitness	You are sure to get your heart pumping in this high intensity cardio workout. The class is great for building cardio endurance and sculpting the legs. The class is 55 minutes long.
ABS (T)	Multi Levels	This is a 30 minutes class designed to target the core. This class will improve strength in the abdominal area and back. Core strength helps prevent injuries.
Zumba (C)	Multi-Level	Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. It's like a party not a workout.
Zumba toning (C & T)	Multi -Level	It's an exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks. We provide the 1 1/2 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and
ALL Toning classes (T)	Multi-Level	Feel your muscles burn while you reshape your body with weight training. If you want to learn how to use weights and reduce inches you need to take this class. It is 55 minutes long.
Active Adults (C,F & T)	Beginner & Older adults	This class is designed to help keep the joints mobile and the muscles flexible. It is 30 minutes of low impact toning and stretching.
Beg. Toning (T)	Beginner & older adults	This is the first step you need to start changing your body. With beginner toning you can start slowly and learn how to lift weights, use bands and tubing in a safe and effective class.
Aqua Zumba (C,T)	Multi.-Level	This is the aqua fitness program everyone has been waiting for! It is NOT your grandmother's water workout! Zumba has taken over the aerobic industry and now we are in the pool. Aqua Zumba is a fun, intense workout with great music and high energy. Created by international fitness and aqua aerobics expert Mimi Rodriguez Adami and creative genius Beto Perez. We integrate the Zumba formula and philosophy into aqua fitness
Hi/low aerobics With step (C)	Multi Level	This class is designed to get your heart pumping. This is the low impact floor aerobics combined with a little step action.

Understanding your classes will help you achieve your fitness Goals

C= Cardio classes are have C's with the description

T= Toning classes designed to sculpt the body

F= Flexibility classes to help keep joint moving and muscles flexible.