



Aqua Forever Fit

An Aquatic exercise class for older individuals wishing to improve aerobic and muscular fitness in a low impact and shallow water setting. No swimming skills are required.

Boot Camp

A quick paced 45-minute style workout which targets the entire body. This workout consists of short rest periods, and both cardiovascular and strength exercises. Equipment such as dumbbells, kettlebells, sandbags, medicine balls, bands, and jump ropes may be used. This class can be modified to each individual's fitness level.

Cardio & Strength

This Class will include cardio exercises and strength training designed to improve endurance, strength, and conditioning. All exercises can be modified for each individual's fitness level. Various equipment may be used (all provided).

Cardio Dance

Choreographed dance moves to upbeat music. Come and move, groove and dance with us!

Cycle and Conditioning

A one-hour class with the first 30 -minutes on the cycle, followed by 30-mnutes of Total Body Conditioning in the gym. The workout will target all muscle groups. This class can be modified to each individual's fitness level.

Deep Water Aerobics

An Aquatic exercise class, held in the deep water pool (Huber Pool) is designed to concentrate on body toning and cardiovascular conditioning. A great low-impact exercise program which helps to strengthen and protect the participants joints. Water flotation devices are available for use.

Dynamic Aqua Aerobic Fitness

Dynamic Aqua Aerobics Fitness is a fun-paced, joint friendly water aerobics class that is sure to get your heart pumping! The class is suited for most swimming abilities. Water weights, noodles, kick boards, and aqua belts are available to assist in toning, endurance, and balance. (Formerly Jane's Deep Water (Mon- Wed) and SEA Fit (Tue-Thurs) classes,)

Forever Fit

Choreographed dance and strength exercises for Active Older Adults set to classic, upbeat music. The class is a great workout if you find yourself looking for a way to get back into exercise, adding a new fitness avenue, or for the regular fitness goer! Same as Forever Fit 2, but shorter class time.

Forever Fit 2

Choreographed dance and strength exercises for Active Older Adults set to classic, upbeat music. The class is a great workout if you find yourself looking for a way to get back into exercise, adding a new fitness avenue, or for the regular fitness goer! Same as Forever Fit 1, but only a 45 minute class.

HIIT

A 45-minute class which includes a combination of brief bursts of high-intensity (aerobic) exercises, lower intensity intervals (strength training and functional movements), and short rest periods. This class will target every muscle group, increase your heart rate and help build power and strength. Will feature body weight resistance and dumbbell exercises. Equipment provided. This class can be modified to each individual's fitness level.

Hydro Fit

An Aquatic exercise class, held in shallow water (Walker Pool), focuses on all muscle groups. No swimming skills are required. Recommended for those who are new to exercise, recovering from an injury or those who are pre/post-natal.

Indoor Cycle

Bring your ride indoors! This class utilizes a stationary bike and focuses on endurance and strength. The ride will feature intervals, high intensity sprints, climbs and recovery. Helps develop cardiovascular and muscular conditioning.

Interval Training

A 45- minute class which includes a combination of brief bursts of high-intensity (aerobic) exercises, lower intensity intervals (strength training and functional fitness movements), and short rest periods. This class will target every muscle group, increase your heart rate and help build power and strength. Will feature body weight resistance and dumbbell exercises. Equipment provided.

Intro to Pilates

A class focusing on strengthening the body, keeping it symmetrical, and aligned with good posture, all powered by creating a strong core area. It will concentrate on flexibility, muscle tone and balance, while coordinating appropriate breathing techniques. Will be performed primarily lying on the floor using a mat. The ability to get up and down on the floor is required.

Line Dancing

Line Dancing

Mindful at any Speed

A practice of mindful movements for all ages and capabilities. Primarily Hatha Yoga, but may include variations with Qigong, and always ends with a period of restful relaxation and meditative practice.

Muscle Pump

A choreographed full body muscle endurance workout incorporating the use of body bars and handheld weights. The routine consists of a rhythmic warm up, mild static stretches., conditioning largest to smallest muscle groups in opposing order, followed by push-up planks and core work with deeper stretches to complete. Equipment provided. This class can be modified to each individual's fitness level.

Power Yoga

A dynamic flowing practice which cultivates strength flexibility, balance, focus, and endurance. Power Yoga, tones and sculpts the entire body.

Qigong

A gentle form of ancient Chinese exercise that balances the body and mind together in a relaxed manner to promote health and wellbeing. Qigong can be performed seated or standing and is for all abilities. The Class can be performed standing or seated.

SHiNE Dance Fitness

SHiNE Dance Fitness brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high-cardio and toning to ensure you receive a full body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident and connected to a supportive community.

Silver Sneakers Classic

Designed to increase muscle strength, range of motion and improve daily living activities. A chair is used for seated exercises and standing support. Class can be modified for each individual's fitness level. Participate standing, seated or both.

Strength

This 45- minute class is a full body workout targeting all the major muscle groups. Contains isolated and compound exercises that will increase strength and improve overall conditioning.

Strong Nation

A demanding session that works your entire body. This class combines body weight, muscle conditioning, cardio and plyometric training to original music specifically designed to match every move.

Tai Chi

Tai Chi with Tom Carbaugh. Registration is closed. Class is full.

Total Body Barre

Total Body Barre uses small movements, combining aspects of Pilates, Yoga, and ballet as well as Traditional Strength training and cardio exercises which targets the entire body for a stronger, longer, fitter you.

Total Body conditioning

This 45-minute full body workout targets all major muscle groups. Contains isolated and compound exercises that will increase strength and improve overall conditioning. Includes a warmup, cool down, traditional sets, and combination circuits.

Total Body conditioning & Strength

Full body workout targeting all the major muscle groups. Contains isolated and compound exercises that will increase strength and improve overall conditioning. Includes a warm-up, cooldown, traditional sets, and combination circuits.

TREK on the TREAD

Whether you are trying running for the first time, training for a race, wishing to improve your walking stamina, or wanting to refine your running skills, this is the class for you. Train for your choice of 30 or 60 minutes in this endurance focused group Fitness Running/ Walking class that is designed for all fitness levels. The class will initially meet inside in the Fitness Center (located in the Main YMCA building), running on the treadmills. The class will include a warm-up, intervals with recovery, and a final cooldown. Those who wish to do a 30-minute class will do a reduced number of interval/recovery sets. Registration is limited due to the number of treadmills available.

Trek on the TREAD

Whether you are trying running for the first time, training for an upcoming race, improving your walking strength, or refining your running skills, this is the class for you. Train for your choice of 30, 45 or 60 minutes in our endurance focused Group Fitness Running Walking class that is designed for all levels. Registration is recommended.

Twinges in Hinges

An Aquatic exercise class designed to assist individuals living with joint pain or mobility difficulties. Exercises are progressive based on ability and physicians' recommendations. Taught in a shallow water pool. No swimming skill required.

Uplift

UPLIFT class starts with a cardio warm-up and transitions to standing routines with equipment, alternating between upper and lower body. A combination of weights, bands, balance, and mat work are used to complete the core, booty, abs, and chest workout, and a cool down with deep stretching.

Yoga Flow

This class will feature the repetition of yoga postures flowing in a logical sequence. Each position complements those that precede and ones that follows. This practice focuses on synchronization of breath and the continuous flow of movement. This strong practice will build heat, endurance, flexibility, strength and mental focus, ending with a brief Savaasana on the mat. Participants should be able to get up and down on the floor. Mats, blocks and blankets are available for use, but we recommended that you bring your own.

Yoga For Everyone

A sequenced practice introducing mindful movements, breath control, and variety of yoga poses. Options are provided for poses and flows throughout class. This class supports students with physical, mental, and emotional fitness. Yoga also promotes resilience by integrating body, breath and mind. Great class for students new to the concept of health & fitness as well as experienced yoga students seeking a gentle practice. Class concludes with time in savasana.

Zumba

Join the party! Easy to learn dance steps and aerobic exercise moves that are combined and performed to Latin and other music from around the world. This energizing class is a great way to burn fat and tone muscles. Movements are in fast and slow intervals and the variety of steps work on every part of the body.

Zumba Gold

This class introduces easy-to-follow Zumba Choreography that focuses on cardio endurance, balance range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong! Ideal for anyone looking for a modified dance class that moves at a lower intensity.