



Group Exercise Class Guidelines / Etiquette

- Bring water and a towel.
- All equipment necessary for class is provided (including mats for Yoga & Pilates) *Feel free to bring your own mat if you have one*
- For your safety and fitness benefits, it's important that you attend the warm up. Also, as a courtesy to others and your personal safety we ask that you do not enter a class if you are more than 10 minutes late (especially to Yoga & Pilates)
- Wear comfortable clothes that allow for movement and fitness shoes (aerobic, cross trainer, walking, running shoes.)
- Communicate with the instructor about unusual physical conditions (beginner level, disability, pregnancy, injury.)
- Arrive early (especially for beginners) so that you can familiarize yourself, set your bike up properly with instructor help.
- At the end of class, please return equipment to its proper place.
- Spray bottles and paper towels are provided to wipe down your equipment before and after class.
- Proper athletic footwear is required for all classes except Yoga & Pilates
- For Yoga and Pilates please remove your shoes prior to the beginning of class.
- We encourage participants to have fun and make noise verbally in class. Please reserve conversations with your friends until class has concluded
- Please refrain from wearing perfume and scented lotions while working out as it may affect those individuals suffering from allergies
- Abs/Buns/Thighs**-A killer workout that targets the lower body with moves to strengthen and tone

Active Older Adult (AOA)-Stretch-

Enjoy a gentle stretching & deep breathing in harmony to improve your suppleness, strength, stamina and alignment for healthy living

AOA- Cardio Mix- Low impact cardio combined with toning, stretching and balance

AOA-Cardio/Strength- Increase your cardiovascular & muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support.

AOA-Yoga/Stretch- Move your whole body through a complete series of seated and standing yoga poses using a variety of postures to increase flexibility, balance and range of motion. All exercises offer a mat or chair option.

Brazilian Ju Jitsu- A martial art, combat sport and a self-defense system that focuses on grappling and especially ground fighting. ***Program fees apply to participate.** Classes for adults and children are available.

Boom, Boom, Pow- A 30-minute high intensity cardio, kickboxing workout followed by 30-minutes of upper and lower body strength training

Cardio Combo- A high energy cardio workout combining a variety of formats

Cardio-Strength- Get a cardio workout while sculpting and toning your body

Circuit Express- Working from several stations concentrating on stamina and strength exercises

Core- A power blast to the mid-section that will teach you to support your back and develop good posture

Flex- Challenging weight training class utilizing adjustable barbells. Burn fat as you life safe and effectively *Limited to 18 participants

Outdoor Fitness- A high energy, high intensity class filled with drills, circuits, strength and core exercises. **Class will be cancelled on inclement weather days. Cancellations will be posted 1-hour prior to class start.

Plyo/Flex- Train for explosiveness and power through a combination of strength, plyometric sport and drills to maximize cardio output-First 15-minutes of class includes outside running and drills (weather permitting)

Cycling-Is an exciting and intense cardiovascular workout on a stationary bicycle

Cycling +- Is an intermediate to advanced level class

Cycle/Core- 40-45 minutes of cycle combined with 15-20 minutes of core

Kickboxing- Boxing and self-defense techniques for cardio fitness training

Kids Field Day & Recess- Kids ages 6-12 have fun playing games, running relays and learning to exercise. **Class is Free to Family members and Adult members w/ Child Watch. All others \$3 / per child / per class. Sign up required.**

Pilates-Emphasizes flexibility and overall strength over body bulk

Senior Explosion- Feeling up to a more challenging cardio workout? Explode with this cardio class designed for the mature adult

SilverSneakers® I- Increase muscular strength, increase range of motion and activity for daily living skills. Uses hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support

Stability Ball- Strengthen your core and increase your balance while having fun with the exercise ball. It is an excellent class to improve your fitness level while

adding some variety to your workout. You'll have a ball!

Step- A traditional step class with combinations of choreography

Step & Strength-Traditional step drills while sculpting and toning your body

Tone & Sculpt-Use resistance exercises and hand held weights to tone and sculpt your entire body

Yoga-Improve flexibility, muscle, core, and bone strength while being guided through a variety of yoga poses (Beginner, Intermediate and Advanced Levels)

Youth Yoga- Kids ages 6-12 learn basic poses, mindful movement, breathing activities and other learning games.

Class is Free to Family members and Adult members w/ Child Watch. All others \$3/ per child / per class. Sign up required.

Zumba- Exercise in disguise. Fusion of Latin & International music that mixes body sculpting movements with easy to follow dance steps

NEW HOURS FOR SUMMER

Child Watch Hours

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| Monday | 8:15am-1:00 pm 5:00 pm-8:30pm |
| Tuesday | 8:15am-1:00 pm 5:00 pm-8:30pm |
| Wednesday | 8:15am-1:00 pm 5:00 pm-8:30pm |
| Thursday | 8:15am-1:00 pm 5:00 pm-8:30pm |
| Friday | 8:15am-1:00 pm |
| Saturday | 8:00 am-12:00pm |

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.

