

YMCA CARDIO EXERCISE CLASS DESCRIPTIONS

WHY Dance: This class is for the dancer at heart! The dance segment is made up of various choreographed dances set to specific music. Challenge your mind and your body in this class!

Cardio Low Impact: Low impact exercise class that is easy to follow and gets your heart pumping. Strength training included at the end of the class.

Cardio Combo: Hi/low impact cardio dance exercise class with a lot of variety. The instructor may alternate hi/low easy to follow dance moves with strength training exercises.

Step: While using a platform, step up, will move over and around the step with a variety of patterns set to motivating music. There is a strength training portion included with this class.

Step Interval: Similar to the step class but the instructor will alternate strength training exercises with cardio exercise.



A high energy, fun, cardio dance exercise class that seems more like a dance party than exercise! Instructor teaches easy to follow dance patterns incorporating the cha-cha, samba, and salsa style dance moves put to a variety of music.



YMCA STRENGTH and CORE CLASS DESCRIPTIONS

Sit and Be Fit: This is a chair based exercise class that includes strength, balance and flexibility training. Great for those that have joint issues.

Building Strength: Class for those just starting out, seniors, and individuals who want to learn more about strength training. The class will focus on strengthening muscles, increasing flexibility, posture and balance. All levels welcome!

Pilates/Core: Class focusing on strengthening and lengthening the abdominal, hip, back, and buttock muscles (your power house). This mat based class includes many exercises inspired by Joseph Pilates. Core exercises will help develop better balance and strength.

Pilates/Ball: This class is a combination of Pilates/Core mat exercises and stability ball exercises. The stability ball is a great tool for improving core strength and it's fun!

POWER PUMP: Advanced strength and conditioning class focusing on strengthening the muscles of the upper and lower body.

Absolute Abs. Class: 30 minutes of abdominal exercise.

YMCA YOGA CLASS DESCRIPTIONS

Gentle Yoga: A gentle approach to increase your flexibility, strength, and balance. Focus will be on improving body awareness, breathing, and stress reduction. The instructor demonstrates a variety of options.

Yoga: Hatha Yoga promotes flexibility, improves strength and endurance, cultivates balance, and increases body awareness. The class is taught in a noncompetitive environment. All levels welcome.

Power Yoga: This is a more advanced yoga class. Previous experience with basic yoga postures and names of exercises is highly recommended.

YMCA WATER EXERCISE CLASSES

Aqua Combo: The primary focus of this class is to get your blood moving and your heart pumping! The instructor will lead you through a variety of combinations and easy to follow moves in the shallow end of the pool.

Dig Deep: This class takes place in the deep end of the pool. Participants wear float belts and/or use noodles to stay afloat. The class focuses on upper and lower body movements that elevate the heart rate.

Aqua Arthritic Exercise Class: A.A.E.C. is an exercise class designed for those experiencing arthritis or limited range of motion in joints and muscle movement. The class takes place in the shallow end of the large pool. It is similar to Aqua Combo classes, yet uses slower exercises and lower impact movements.

TETHERED: During this class the participant is tethered to the lane line with a cord to create more resistance while exercising. The movements are similar to the Dig Deep class. Movements are set to music and the class is set up in interval format. This is a great class to work on form, strengthen and cardiovascular endurance.

YMCA ADULT SPECIALTY PROGRAM DESCRIPTIONS

Registration and fee required for the following classes:

Fitness Kick-Boxing: The class will include drills that teach upper body and lower body boxing techniques with basic self defense applications. The focus is fun, fitness and exercise through kick-boxing. *Your instructor is Bob Eller, an experienced martial arts instructor with training in boxing.*

GROUP CYCLING

REGISTERED RIDERS: \$5.00 per session (5 classes). This reserves you a seat in the class that you are registered for. Register at the front desk. Registrations are nontransferable and apply to the specific class in which you register. The instructor will check the roster at the beginning of each class.

IMPORTANT INFORMATION: *Registered riders can be no more than 10 minutes late to the class start time to keep their seat. Once 10 minutes passes, you lose your seat to a walk-in rider.*

WALK-IN RIDER: If you want to take your chances simply show up upstairs, sign your name on the clip board and wait to see if there is an empty seat. This is a first come, first serve basis, fee for walk-ins.

JUMP START (Exercise & Weight Management Class): This is a 10 week program to jump start your fitness program, and focus on establishing healthy eating habits. First half of each class will focus on goal setting and discussions related to healthy eating, the second half of the class will introduce participants to a variety of exercise formats. MELISSA / BETH

TAI CHI: John Berger, an experienced teacher of 13 years will share his teaching expertise. This class will give you increased flexibility through gentle flowing movements. The exercises encourage an overall sense of body awareness, balance and well-being. The movements are fundamental, apply to everyday living activities, and promote athletic development.

ADULT KARATE: Introduction to traditional Shito-Ryu Karate. Class includes basic movements, kata and intro to self-defense and sparring. Class lead by certified black belt instructor Adam Segal. Class takes place in the Wellness Classroom.

YMCA YOUTH SPECIALTY PROGRAM DESCRIPTIONS

Registration and fee required for the following classes:

YOUTH BALLET: A developmental ballet class for 5 - 8 years. The participant will practice basic positions at the bar, learn travel and dance steps across the floor. Wear comfortable clothing; ballet shoes are optional. Takes place in the dance studio. Class size limited to 12 children. LAUREN

KIDS CREATIVE MOVEMENT: This is an exploration in movement class for children 2 - 4 years old. The children will learn basic dance movements through imaginative play and simple songs. The class takes place in the dance studio. Class size limited to 12 children. BETH

YOUTH STRENGTH TRAINING CLASS: For ages 10 - 13 yrs. / 14 - 18 yrs.

A five week fun "boot camp" style strength training class for youth. The class time will be spent doing body weight exercises, hand weights, tubing, and core work with the stability ball. Emphasis will be on using proper form and building strength. No previous experience necessary.

YMCA YOUTH KARATE PROGRAM with Adam Segal

INTRODUCTION to KARATE: A five week introduction to the art of traditional Karate for youth age 7-12 years. A great class to get started especially if a child expresses interest but not ready to commit to the 10 week program.

KARATE: 10 week youth karate classes teach traditional Shito Ryu Karate-Do. Students age 7 - 12 years will learn basic movements, katas, and receive an introduction to age-appropriate self-defense and sparring techniques. Classes focus on teaching discipline and respect, and healthy exercise methods.

INTERMEDIATE KARATE: This class is for students that have participated in several sessions of Karate classes and are ready to advance to the next level per the instructor's recommendation.