

20/20/20 - 20 minutes each of 3 different formats. Get a cardio and strength workout that's constantly moving. (Combo)

Abs - Much more than crunches! This 25 minute abdominal workout will tone you like no other. (Strength)

Active Adult Fitness - This class is designed specifically for Active Older Adults as well as SilverSneakers® members. It consists of a variety of cardiovascular movements, strength training exercises & flexibility training – all done without impact. Great for beginners too! This class was previously called Gentle Fitness. (Combo)

BC - Boot Camp - An interval/drill type of workout that incorporates high intensity bouts of exercise with strength training & periods of active rest. (Combo)

BLT – Butts, Legs, Thighs – A toning class that focuses on lower body. Build strength and tone! (Strength)

C+ - Cardio Plus - This class gets it all – cardiovascular training AND strength training combined for a complete workout. (Combo)

CI - Cardio Interval - Bursts of cardio alternating with strength work for a workout that does it all. (Combo)

Cycle - A high-energy workout using the Schwinn cycle. No helmet required but a towel & water bottle are highly recommended! (Cycle)

ET - Extreme Tone - A class designed for increased strength & toning using all of the strength props – balls, bands, and/or weights. A full-body workout! (Strength)

Hip Hop Hustle® - Burn up the dance floor and burn calories too! Hip Hop Hustle® blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance! (Cardio)

JP – Jump and Pump – Use jump ropes and weights in this cardio strength combo class (Combo)

KB - Kickboxing- This class is a hard-core total body conditioning class that uses punches, kicks & other kickboxing moves. (Cardio)

MW - MatWorks - A combination of Pilates & Yoga based moves & poses. Learn how your body can move, work & balance. (Mind/Body)

Pilates OTB (On the Ball) Core strength and flexibility using the stability ball to enhance range of motion. (Strength)

Power + - Boost your strength training to new levels with this class that challenges all abilities. (Strength)

Power Yoga - A 90 minute version of yoga for intermediate to advanced participants that helps move your practice to a more intense level. If an hour and a half doesn't fit into your schedule, the class is designed to be at a point at which you can leave at an hour but once you try it, you'll want to stay to get the full benefit! (Mind/Body)

Pp - Pump - Strength training using a 5 lb. bar, plates & dumbbells – designed to increase muscular endurance. This class is for those who want to strength train without using traditional “sets” & “reps” (Strength)

SI - Step Interval – Similar to Cardio Interval. Uses simple choreography on the Step for the cardio intervals. (Combo)

SilverSneakers® Cardio Circuit – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. (Combo)

SilverSneakers® Muscular Strength & Range of Movement (MS-ROM) - Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing with handles, & a ball are offered for resistance, & a chair is used for seated and/or standing support. (Strength)

SilverSneakers® YogaStretch - YogaStretch will move your whole body thru a complete series of seated & standing yoga poses. Chair support is offered to safely perform postures which increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation promote stress reduction & mental clarity. (Mind/Body)

Step - An intermediate level step class that builds on combinations that remain the same over several weeks. (Cardio)

Turbo Kick® - Turbo Kick® is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength / endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment. (Cardio)

Yoga - A mind-body class that uses postures and poses linked with deep breathing techniques to enhance strength, flexibility & balance. (Mind/Body)

Yoga 1 - A beginner level yoga class for participants new to yoga. Mats are available or you may bring your own. We will stand, sit on the floor and lay down so wear comfortable clothes and bring a towel. Transitions from seated to standing poses are minimal. (Mind/Body)

Zumba® - A FUN way to join Latin dance with exercise...Ditch the Workout, Join the Party!!! No dance experience necessary. (Cardio)

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