

Group Exercise Class Descriptions

AB LAB - 30 minutes of floor exercises to tighten, tone and firm your mid section.

Core & More - A total body energizing workout that will help you learn fun but challenging exercises.

Belly Dance - Have fun toning and strengthening your body. Learn the ancient art of Belly Dance. Discover your grace and beauty through this timeless dance of the Middle East.

Boot Camp - Back to basics, exercise training that works your body from top to bottom.

Boot Camp Bar - Sculpt your thighs, hips, seat, arms and abs using a ballet bar, light free weights and floor work.

Boot Camp Express - 30 minute Boot Camp

Body Sculpt - Tighten, tone and sculpt your body into a work of art in this 55 minute class utilizing free weights and body weight exercises. This class is suitable for all experience levels, beginners welcome!

Chair Works - Exercise for the physically challenged, designed for people who would like to exercise from the comforts of a wheelchair or the security of being seated. Relieve Stress, Increase Circulation, Improve Strength and Flexibility.

Circuit Training - Join Stacy for a weight training circuit class using our Cybex machines in the Weight Room.

Cycle - Stationary Group Cycling Classes, (all levels). Cycles available on a first come basis, stop by the courtesy desk to pick-up a cycle number. Cycle Classes are held upstairs in the Cycle Room.

Cycle Express - Join the lunch bunch for a 30 minute Cycling Class.

Intro to Cycling - 30 minute introduction to Cycling

Elder Explorers - Enjoy educational exercise at the YMCA with tree lover and RCC horticulture instructor Rachel Winters as our nature trail guide. Meet at the Y lobby at noon to carpool. Register at the Y by phoning 474-0001. Bring water and snacks and wear sturdy walking shoes. Please leave the dog at home but bring your camera. Group size is limited to 20 people, Y Members only. No hikes scheduled for Dec. and Jan. *March Hike TBA*

Hatha Yoga - centers on asanas, or physical poses. *Ha* means sun and *tha* means moon, creating complementary forces. In Hatha Yoga, asanas are held for varying lengths of time and most poses can be modified to make them more appropriate for persons with lower fitness levels.

Hip-Hop Funky Beats - a funky street dance that's all about "attitude": street and smooth styles of hip hop will be taught. The hour will be fun, upbeat and positive! Please be sure to wear loose attire and tennis shoes to class.

No dance experience required.

Hula Hooping - Hooping also known as hoop dancing is the hot new fitness trend. Using adult sized professional hula hoops is all the rage. The benefits include: boosts cardiovascular endurance, builds core strength, promotes weight loss, improves balance, coordination and self confidence.

Hula - Hula Class with instructor Kat Greene. Beginning level Hawaiian Dance Class for adults and teens, (13 & up). *12 Week Session Begins 4/4 - 6/20*

Kickboxing - (all levels) an aerobic exercise class that combines martial arts style kicks, blocks and punches in a dynamic format designed to provide a total body workout.

Low Impact Aerobics - offers a challenging, balanced, fun class for participants of all ages and fitness levels.

Pilates - based *mat work* - Pilates mat classes are similar to Yoga. However instead of holding a static pose, as in Yoga class the participants experience a flow of movement. Take off your sneakers and go to the mat for increased strength, and overall flexibility.

Power Pump - (all levels) a barbell class performed to music, burn calories & build muscle.

Rock Bottom - Shape up and tone your bottom with thirty minutes of lower body exercises. *Spring Schedule TBA*

Self Defense - Learn life saving techniques for real life situations in this *FREE* Self Defense training class for YMCA Members, (12 & up).

Senior Sneakers - Low impact aerobic moves, strength training and stretching.

Step - (all levels) Aerobic step training.

Tai Chi - Meditation in motion: Reduce stress; improve balance, coordination and posture. Increase flexibility and strength.

Wash Board Abs - 15 Minutes of Awesome Ab Work.

Yoga Flow - A blend of moving and held postures to align, strengthen, and stretch the body, mind and spirit. This class includes balance practice, more challenging postures and Sun Salutations.

Z-Health - What is Z-Health?

Z-Health, created by Dr. Eric Cobb, is a high tech, cutting-edge exercise system designed expressly for retraining your nerves and brain (the nervous system) for maximum performance, maximum recovery and maximum health.

Zumba - Fuses latin rhythms and easy to follow aerobic dance moves to create a dynamic fitness class for all levels.

Ditch the workout, join the party!

Zumba for kids - The crazy-cool dance-fitness workout for kids (ages 8-12).

Free for members and community through November.

Health & Fitness Specialty Class Descriptions

***Family Martial Arts** - Learn self discipline, diligent work ethic and self defense techniques all while having fun in this Kung Fu Training Class. Kung Foo is an excellent skill and a great workout for the whole family. Come practice the skill of Kung Fu as a family, or as an individual. (Age 8+)

***Functional Fitness** - Strength Training, Metabolic Conditioning, Endurance and Mobility Work.

Hip-Hop Funky Beats - a funky street dance that's all about "attitude": it includes beats and moves from the old school, street and smooth styles of hip hop. Please be sure to wear loose attire and tennis shoes to class. No dance experience required.

Hula Hooping - Hooping also known as hoop dancing is the hot new fitness trend. Using adult sized professional hula hoops is all the rage. The benefits include: boosts cardiovascular endurance, builds core strength, promotes weight loss, improves balance, coordination and self confidence.

***S.O.S. for Girls** (Group Personal Training) - This class is led by a certified personal trainer and is designed to enhance physical strength, endurance, weight loss, and build self-esteem. Limited to 10 girls ages middle school through high school.

Traditional Japanese Swordsmanship -Iaido, or the way of drawing the sword, was developed in feudal Japan as a means for samurai to protect themselves in the street when confronted by other trained swordsman. Beginner, Intermediate and advanced classes offered.

Tai Chi - Meditation in motion: Reduce stress; improve balance, coordination, posture, flexibility and strength.

Teen Fit - Learn safe techniques for equipment use, proper lifting and gym etiquette, (parent's permission required).

Z-Health - What is Z-Health? Z-Health, created by Dr. Eric Cobb, is a high tech, cutting-edge exercise system designed expressly for retraining your nerves and brain (the nervous system) for maximum performance, maximum recovery and maximum health.

*Specialty Class Fees

Age

Family Martial Arts	2 classes/week	Member	Non-Member	monthly	8 & up
		Youth\$15	Youth\$25		
		Adult \$20	Adult \$30		
	Belt Testing Fee	\$20	\$30		
Functional Fitness	3 classes/week	\$100	\$150.00	monthly	15 & up
Functional Fitness	2 classes/week	\$75	\$113	monthly	15 & up
Hip-Hop Funky Beats	1 class/week	Member Free	Non-member \$25	monthly	12 & up
Hula Hooping	1 class/week	Member Free	Non-member \$25	monthly	8 & up
S.O.S. for Girls	2 classes/week	Member \$20	Non-member \$40	monthly	11-18
Swordsmanship	1 class/week	Member Free	Non-member \$20	monthly	8 & up
Tai Chi	3 classes/week	Member Free	Non-member \$60	monthly	Adult
Teen Fit	1 classes	Member Free	Non-member \$30		12-15
Z-Health	2 classes/week	Member Free	Non-member \$40	monthly	Adult

YMCA Personal Fitness

Personal Training is a one-on-one training opportunity to assist you in moving toward your health and fitness goals. Our Certified Personal Trainers will develop an exercise program to fit your individual needs and will guide you through your workout to make sure you are safely getting the most out of your training.

Personal Training Services offered @ \$35 per one hour session for YMCA Members & Non-members.

Non-members pay an additional drop-in fee for Personal Training services.

Personal Training Packages - 5 one-hour sessions for \$145 or 10 one-hour sessions for \$290, (package specials are for Y Members only).

Group Training - Designed for 2, 3 or 4 people to train together and share the cost, \$40 per hour.

A fun and cost efficient way to get fit.

Group Training Packages - 5 one-hour sessions for \$180 or 8 sessions per month, (2 times a week) for \$300 or 12 sessions per month (3 times a week) for \$420. Designed for 2, 3 or 4 people to train together and share the cost.

Body Composition Analysis - Using skinfold calipers, your body fat percentage will be calculated by our certified Personal Trainers. Fee: \$10 for Y-members, \$20 for Community, by appointment only, 15 minutes.

