

**All Classes are appropriate for all fitness levels unless otherwise stated.
See schedule for days and times. Classes run for 8 week sessions.**

Adult Strength Training - Learn a variety of exercises for each muscle group.

AM Class PCS#170312 Full Members Free/Program Members \$46

PM Class PCS#170319 Full Members Free/ Program Members \$34.50

Beginner Strength Training – For those who are trying strength training for the first time. PCS #170213 Full Members Free/ Program Members \$46

Boot Camp – For those looking for a challenge. Our highest intensity cardio class.

AM Friday Class PCS #175025 Full Members Free/Program Members \$23

Cardio Blast/Step Blast – Hi/lo Aerobics on Monday and Step Aerobics Wednesday.

Resistance training and abs at the end. PCS#170015 Full Members Free/Program

Members \$46

Zumba Gold– This is the same fun class as Zumba , but designed with the Active Older Adult or novice exerciser in mind. It still offers all the same Latin Dance moves but at a slower pace and lower intensity.

PCS #171516 Full Members \$14/ Program Members \$33

Pilates – Balance, core strength and flexibility are the focus. PCS#172526 Full Members \$19/Program Members \$44

Instructor's Choice – A little of this and a little of that. The class format will change, but you will always get a fantastic workout. PCS#174145 Full Members Free/Program Members \$19

Stability Ball – Resistance Training, balance, core strength and flexibility all on a stability ball.

AM Thursday PCS#172541 Full Members Free/ Program Members \$23

PM Monday/Wednesday PCS# 170517 Full Members Free/ Program Members \$46

Yoga – Yoga uses breathing techniques and a flowing series of postures to enhance body awareness, reduce stress, increase flexibility and improve strength.

AM Class PCS#175021 Full Members \$19/ Program Members \$44

PM Class PCS#175041 Full Members \$19/ Program Members \$44

Zumba – Latin dance inspired cardio workout that will tone you from top to bottom. So much fun, you won't believe it's good for you! Anyone can do it!

Wednesday - PCS #171535 Full Members Free/ Program Members \$50

Friday – PCS #171551 Full Members Free/ Program Members \$50

Zumba & Sculpt – 45 minutes of Zumba + 30 minutes of Sculpt

PCS # 171661 Full Member Free/ Program Members \$63

Preschool/Youth

Kid's Sports Conditioning – For ages 8-10. A fun and effective circuit class designed to improve strength endurance and agility. PCS #120125 Full Members Free/ Program Members \$34.50

Teen

Youth Strength Training – Safe and effective strength training techniques are stressed for ages 11-14. PCS #120223 Full Members Free/ Program Members \$34.50

Middle School Supervised Drop off Workout – This drop-in program allows our Middle school age full members 11-13, use of the Health and Wellness Center under the supervision of the Health and Wellness Staff. The workout will consist of 30 minutes on our cardio equipment. Members who have completed a teen orientation may (with their parent's permission) also circuit train on the Cybex Circuit. No one under the age of 14 will use free weights unless they are under their parent's direct supervision. *The YMCA reserves the right to limit the number of participants to 20 at one time.*

Wednesday and Friday 3:30-4:30pm Full members: Free