

FREE Drop-In *(listed below – for full members only)*

No registration is required.

Mix it up for an interesting workout program.

ABS & BACK Express Concentrates on strengthening the core which is essential for good posture and prevention of low back pain.

BOOT CAMP Challenging class that includes cardio training, muscular strength, agility, balance and core strength.

CYCLING: Group Takes place on an ultra smooth stationary bike in our new cycling studio, urging you on to new levels of strength and endurance. See page 17 for schedule and instruction.

CYCLING: Wednesday Windup 60-minute cross training aerobic class begins with a warmup, then a 20-minute run on the treadmill followed by a quick transition to the Cycling Studio for a 25-minute interval training cycling segment. Finishes with a cool-down.

EARLY RISER FITNESS Monday's class includes strength and cardio, Wednesday's class includes strength and conditioning exercises.

Friday Morning Blast Finish the week off with a mix of cardio, abs, strength training and Pilates. 15-minute intervals.

GENTLE AEROBICS A "nice & easy" low impact cardio and strength training for all ages and levels.

GET ON THE BALL Work your whole body on a stability ball improving balance and core strength.

HI/LO & SCULPT Hi & Lo aerobics mixed with toning. Ends with Ab training.

INTERVAL TRAINING Do a little bit of cardio then a little bit of strength, a little bit more cardio, then more strength. This class does "intervals" of each to get a real full body workout.

Jump & Sculpt A high energy class that will increase your cardio endurance and sculpt your body! Jump rope, free weights used.

MAT PILATES Utilizes traditional Pilate's techniques integrating mind and body principles to create balance and core stability.

PIYO Fusion of yoga and pilates to strengthen your body and relax & rejuvenate your mind.

SCULPT & STRETCH Easy to follow exercises to sculpt and tone your body. Great for those who need to incorporate weight-bearing exercises into their routine but aren't sure how.

Senior Stretch Improve balance and flexibility - geared toward seniors.

SILVER SNEAKERS Muscular strength and range of movement conditioning class geared toward seniors.

STEP TRAINING Fun step moves mixed with resistance and abs/back training.

STEP 'N CORE Challenging and interesting step class with core strength exercises.

YOGA 101 Beginner Hatha Yoga designed to teach the basics only.

ZUMBA Fun & easy fusion of Latin, Belly, and Hip-Hop dance style moves for all levels. A mixture of body sculpting movements with easy to follow dance steps.

Specialty *(listed below)*

Must sign up in advance.

There may be a fee.

ADULT STRENGTH TRAINING Basic free weight room instruction in a group setting. Great for those of you who want to add free weights into your routine but don't know where to start!

ADVANCED STRENGTH TRAINING Includes advanced weight lifting exercises in a group setting. Your next step after Adult Strength Training.

GIRL POWER FITNESS CLASS *Ages 10 to 14.* An assortment of aerobic workouts each week to introduce girls to the variety of adult classes the Y has to offer them when they're older. This class offers fun, social interaction, and the ability to decrease fat while building muscle all while gaining self-confidence!

Girl's STRENGTH TRAINING *Ages 11 to 16.* An introductory program

to educate girls about the importance of strength training throughout their lives. Girls will learn basic strength training guidelines and knowledge about equipment.

Intro to strength training for women Learn basic skills of free-weight training in a friendly all-women environment.

KID'S FITNESS *Ages 7 to 10.* A variety of exercise techniques to improve fitness.

Yoga Run This unique class will begin with a 45-minute run/walk on the bike trail. A 15-minute break will follow to prepare for 45 minutes of Yoga. All levels welcome. In case of inclement weather, the run will be held in the Health & Wellness Center.

Youth Strength Training

Ages 11 to 13. A weight training program consisting of cardio exercise, muscle conditioning and flexibility training.