

Group Exercise Class Descriptions

Effective January 2017

ACTIVE OLDER ADULTS CLASSES: Silver Sneaker ® classes as well as other classes designed to meet the needs of our active older adult members.

Silver Sneakers ® Classic – Have fun and move to the music through exercises designed to increase strength, range of motion and activities for daily living.

Silver Sneakers ® Cardio – Combine fun with fitness to increase your cardiovascular and muscular endurance, and power with a standing circuit workout.

Silver Sneakers ® Gold – Zumba at a slower pace, great for beginners or active older adults.

Building Fit Friends – Total body workout including cardio, strengthening, wall exercises, flexibility, and stretching. All ages are welcome!

Y-B Fit – Brief warm up followed by some standing strength work with weights, light cardio, and floor exercises followed by a cool down with an emphasis on flexibility.

Gentle Stretch – lengthen & strengthen muscles to increase flexibility.

MULTI-LEVEL: These classes are appropriate for all levels of participants and offer many modifications to either keep it simple or take it up a notch.

Pilates – Core strengthening exercises with a focus on flexibility balls and mat work.

Hatha Yoga – Yoga that improves flexibility, balance, and strength.

Strength and tone – Total body strength training using weights, bands, stability balls and mat work.

Aerobics/Zumba – 30 minutes of aerobic exercises and 30 minutes of Zumba ®.

INSANITY ® – 30-60 minutes of cardio based total body conditioning program adapted from the popular at home INSANITY workout.

Zumba ® – A high energy cardio class using a variety of dance styles and international music. Zumba classes are offered at multi-level, intermediate/advanced.

30/30 – 30 minutes of cardio workout and 30 minutes of various strength exercises.

Lunch Power Hour – Express “lunch time” workout. Instructors choice, but always fun and challenging!

Circuit – High interval intense training exercises performed for a minute or longer with brief breaks. Bring a friend or your partner!

Indoor Cycling– Jump on one of our spin bikes and start peddling! These classes provide an intense cardio workout while still catering to participants of all fitness levels.

Express Abs – 30 minutes of core exercises using a variety of equipment. Participants will utilize props such as stability balls, weights, and bands.

Cardio Kickboxing - Basic kickboxing moves with a lot of cardio added in for an intense full body workout.

H.I.I.T - An interval - style class designed to improve cardiovascular fitness, muscle strength, and flexibility. Classes are offered at multi - level and advanced levels.

Total Body Conditioning - Energetic workout including strength, cardio and core in one workout.

Cycle/Bootcamp Fusion - Group cycling mixed with Boot Camp drills of cardio and strength.

INTERMEDIATE/ADVANCED : The following classes are for anyone ready for more of a challenge so you can improve your physical activity level.

Tabata - High intensity workout with 20 seconds of all out work followed by 10 seconds of rest repeated 9 times.

Bootcamp - Fun, but intense class of cardio and strength training drills and stations.

Cardio Core & More - A cardio based class that incorporates intervals of strength training and core work.