

# CLASS DESCRIPTIONS

## Registration Dates:

YMCA Member begins April 9 at 7am

Non-Member begins April 16

**Session Dates:** Session dates are as follows, unless otherwise noted.

1st 7 week session: April 23—June 8

2nd 7 week session: June 11—July 27

\*\*Class sizes are limited. Registration is on a first-come, first-served basis. Program payment is required for registration. Cash, personal check, MASTERCARD, VISA or DISCOVER accepted.

## BODYFIT

This 45 minute class combines circuits of resistance training and cardio bursts. No two workouts are the same. You'll leave feeling energized and ready to take on the day!

Members—\$30 Non-members—\$60

\*1st session ONLY

## FAMILY FITNESS

A 30 minute total body workout for the entire family!

Members—\$30/Family Non-Members—\$60/Family

\*June 4th-June 29th

## FIT

This 50 minute class is a full body, integrated strength training class designed to shape and tone without bulk. All fitness levels are welcome. FIT over 50 also offered. For Females Only.

Members—\$30 Non-Members—\$60

## FLAVORS OF FITNESS

Start your Friday of right with this 45 minute class! It will be a different type of workout each week.

Members—\$15 Non-Members—\$30

\*6 week session

## GYMFIT

Need a challenge? This 30 minute class will include Crossfit inspired workouts! You'll lunge, crunch, jump and more during this total body workout.

Members—\$20 Non-Members—\$40

## LOW IMPACT AEROBICS

Start your day with a cardio class designed to be safe, heart-healthy, and gentle on the joints. The fun mix of music will keep you moving.

Members—\$40 Non-Members—\$80

\*9 week session

## SCULPT

ARE YOU READY?! High level weight training + high intensity cardio + endurance training = Sculpt! 4 days of different strength training, 2 days of Spinning, and 2 days of HIIT training. This is a results driven class.

Members—\$100 Non-members—\$200

\*1st session ONLY

## SPIN EXPRESS

All the fun of a full Spinning class packed into 30 minutes! A great way to fit a cardiovascular workout into your schedule.

Members—\$25 Non-Members—\$50

## SPIN FUSION

This 60 minute class will have you sweating and building muscle in no time. It is the answer for Spinning enthusiasts who love to ride but also need a total body workout! (30 minute spin + 30 minute lift)

Members—\$45 Non-Members—\$90

## STRETCH AND FLEX

For Active Older Adults. Free to members. No registration required!

## TOTAL BODY WORKOUT

Workout your entire body in this 30 minute class with high intensity interval training (HIIT). Designed to take your strength training and aerobic conditioning to the next level.

Members—\$15 Non-Members—\$30

\*5 week session

## YOGA

This class will help relax your mind and body . It will help increase your flexibility and improve both your mental and physical strength.

Members—\$30 Non-Members—\$60