

Class Descriptions

Registration Dates:

YMCA Member begins December 11

Non-Member begins December 18

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

1st 7 week session: January 8—February 23

2nd 7 week session: February 26—April 13

**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

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

FUNCTIONAL FITNESS

Correcting posture alignment & muscle movements that cause pain and injury, this class will help improve your muscle imbalances, joint mobility and flexibility.

*Members—\$20 Non-members—\$40

KICKFIT

5:30 pm Mon/Wed: Kelli will instruct a TurboKick Express.

A combination of cardio kickboxing and body-sculpting dance moves.

11:00am Tues/Thurs: Stephanie will instruct mixed martial arts-inspired workouts! It's a total body workout with a focus on the core. *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—\$30 Non-Members—\$60

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

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 in a short amount of time.

*Members—\$45 Non-members—\$90

STRETCH & FLEX

For active older adults. Free to members. No registration required.

TOTAL BODY WORKOUT

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

*Members—\$20 Non-Members—\$40

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