



Group Exercise Class Descriptions

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aqua Zumba

A fun, music-driven dance workout performed in the water. Follow easy-to-learn dance moves and combinations while enjoying the resistance and low-impact benefits of the water.

Barre-Strength

A full-body workout targeting the arms, legs, glutes, and core through small, controlled movements, higher repetitions, and light weights or resistance.

Bootcamp

A dynamic total-body workout combining cardio, strength, and functional movements. Exercises may include bodyweight movements, weights, intervals, and other challenging activities.

Body Pump

A full-body strength workout using light-to-moderate weights and high repetitions to build muscular strength and endurance. BODYPUMP™ targets all major muscle groups with exercises such as squats, presses, lifts, and curls.

Chair Strength

A strength-focused class designed to improve muscular strength, balance, and functional fitness. Exercises may be seated or standing, with a chair available for support.

Chair Yoga

A gentle practice in which traditional yoga movements are performed while seated and/or with the aid of a chair. Great for beginners or anyone who has difficulty getting up and down from the floor.

Core & Cardio

A class combining cardio activity with core-strengthening exercises. Cardio may include plyometrics and other movements while core exercises target the muscles that support daily activities and exercise.

CSF (Cardio, Sculpt, Fusion)

A total-body workout combining cardio with light weight training and core work. Intervals of cardio, weight lifting, and strengthening challenge muscular strength and endurance.

Cycle

A cardiovascular and muscular endurance workout featuring bike sprints, hill climbs, jumps, and more. Adjust your speed and resistance to choose your intensity while enjoying a low-impact workout.

Deep Water Fitness

A deep-water workout combining cardio, strength, toning, and resistance training. Participants may incorporate treading or belt assistance. Participants should be comfortable in water where they cannot touch the pool floor.

Full Body Shred

A challenging total-body workout combining strength, cardio, and functional movements to build muscular strength, endurance, and overall fitness.

Hybrid Race Training

A high-energy workout combining running, functional strength, and endurance. Expect cardio intervals, functional movements, and strength exercises designed to challenge stamina, strength, and overall fitness.

Line Dancing

Learn a variety of line dances while staying active with fun dance steps performed to a variety of music.

Mat Pilates

A low-impact, full-body workout focused on core strength, posture, balance, flexibility, and body awareness. Exercises use your body weight and may incorporate 2–3 lb dumbbells and resistance bands to build strength and muscular endurance.

Pickleball

A fun, easy-to-learn paddle sport combining elements of tennis, badminton, and table tennis. This member-led, 2-hour open play is a great opportunity to stay active, enjoy some friendly competition, and meet other YMCA members.

Mixed Fit

A high-energy dance fitness program combining easy-to-follow choreography. Repetitive movements set to upbeat music provide cardio and full-body conditioning without complex dance steps.

Pilates/Barre

A combination of Pilates and barre exercises designed to strengthen the core and entire body while improving posture, balance, flexibility, and muscular endurance.

Pilates/HIIT

A combination of Pilates-based core and strengthening exercises with high-intensity cardio intervals. This class challenges strength, endurance, and cardiovascular fitness.

Power Cut

Uses weighted bars and/or dumbbells to build strength and endurance. Lighter weights, core work, and low- or high-impact cardio may be included. You choose the weight that is right for you.

Senior Fit

A 45-minute program designed for adults 55+ to help slow aging, prevent injury, and build a stronger body and healthier mind. Class formats may vary.

Silver Sneakers BOOM Muscle

A strength-training class inspired by favorite activities like golf, tennis, and hiking. Exercises are designed to build strength and help you stay active.

Silver Sneakers Classic

Focuses on strengthening muscles and increasing range of movement for daily activities. Hand-held weights, elastic tubing, and a Silver Sneakers ball may be used. A chair is available for seated exercises or standing support.

TRX/Strength Stations

A combination of TRX suspension training and strength stations using bodyweight and equipment to develop strength, balance, flexibility, and core stability.

Volleyball

A fun, active team sport that combines movement, coordination, and friendly competition. This member-led, 2-hour open play is a great way to stay active, meet other YMCA members, and enjoy the game.

Walking Club

Enjoy the motivation and encouragement of others while walking with your YMCA community. Drop in and attend as your schedule allows.

Water Fitness

A 50-minute shallow-water class combining light-to-moderate cardio, toning, resistance training, flexibility, and muscular strength in a low-impact environment.

Yoga – Deep Stretch & Restore

A gentle, slower-paced yoga class focused on deep stretching, mobility, relaxation, and recovery. A great way to release tension and unwind.

Yoga

A non-impact total-body class focused on flexibility, strength, coordination, and balance.

Y Fit

A strength and conditioning class combining weights, core work, and bursts of cardio to build strength and muscular endurance with a focus on the lower or upper body.

Y Grit

A challenging, athletic-style workout combining strength, cardio, and functional movements. Expect varied exercises and intervals designed to challenge strength, conditioning, and endurance.

Zumba®

A hi-lo impact cardio dance class combining Latin moves, hip hop, funk, and belly dancing. This class is for all levels of dance and fitness ability.

Zumba Gold

A lower-impact version of Zumba featuring easy-to-follow choreography and upbeat music. Designed to be approachable while providing a fun and effective cardio workout.

Zumba Toning®

A dance-based workout combining Zumba-style cardio with light resistance training to help improve muscular endurance while keeping the workout fun and energetic.

Please Note: Classes are subject to change due to demand, participation, and instructor availability. For your safety, it is recommended that you consult your physician prior to starting any exercise program.