

**Barre:** This class is a full-body, muscle endurance workout. Using a barre, light weights, bands, balls, etc. to target major muscle groups including the arms, legs, glutes, and core. Get ready to feel the burn and tone up those muscles.

**Bodyworks:** You will sculpt and tone your whole body while improving balance and stability. This class uses light weights for a high repetition workout, while moving to the beat of motivating music.

**Boot Camp:** This fun and energetic workout offers a wide variety of exercises; from interval training, strength training, calisthenics, and body weight exercises.

**Core & Posture:** This 30-minute class will build your core muscle groups while improving posture. You'll be guided through a variety of exercises both standing and, on the mat, to strengthen your abdomen and back muscles.

**Cycle:** Indoor cycling is a great cardio workout and is appropriate for all fitness levels. Instructors will lead you on a ride designed to improve your cardio and endurance.

**Foam Roll:** This is a hands-on soft tissue technique to facilitate recovery to your muscles. You will use different tools like foam rollers and tennis balls to help improve muscle recovery and help prevent injury.

**Functional Training:** This class combines cardio & strength training with a priority focus of proper form and function.

**HIIT:** In this high intensity interval training you'll get a quick and efficient full body, cardio workout.

**Meditative Breathwork:** Intentional breathing allows the nervous system to regulate. It helps reduce stress, anxiety & PTSD; helps lower blood pressure; increases our respiratory system; strengthens the immune system; and promotes a deeper sleep.

**No Sweat Balance:** This class focuses on balance basics and stability with exercises that emphasize posture & breathing along with foot, ankle, and core integrity. You will be upright in this class either balancing or using a chair for support.

**Outdoor Fitness:** Enjoy the YMCA's Airnasium for a class that is a combines weights, stretching, and functional training with cardio mixed in.

**Parkinson's:** This class was designed around PWR!Moves, which are specific movements to help slow the progression of the disease. We work on BIG movements and incorporate cognitive exercises too.

**POUND:** This high energy class combines cardio training with drumming sticks for a heart-pumping, fun workout!

**POW (People on Weights):** Great for all levels of fitness, POW utilizes handheld weights, bands, balls, tubing, and body weight to tone and strengthen the body. 10 to 15 minutes of aerobics is included in this class.

**Pump Iron:** This is group weight training at its best. This class mixes barbells, dumbbells, resistance bands and other training equipment to build strength, stamina and tone the whole body.

**QiGong/Flow:** This class encompasses mind-body-spirit practice. It is designed to improve one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

**Silver Sneakers/Senior Fitness:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Handheld weights, bands and a Silver Sneakers ball are offered to add resistance and a chair is used for seated and/or standing support.

**Step:** For a more advanced cardio class, try this fun, upbeat and challenging workout. This high intensity low impact aerobics program involves a variety of movements and routines on an adjustable platform.

**Strength & Stability:** This is the ultimate combo of strength training and balance work. You'll correct muscle imbalances and learn how to move properly while building and toning all muscle groups.

**Stretch N Flex:** Stretching and range of motion exercises are performed in this class for your muscles and joints. You will strengthen your core and use stabilizations techniques to build a stronger, more flexible body.

**Stretch, Move, Balance:** This class combines senior fitness with Stretch N Flex. You get to enjoy both classes in one by working on balance, strength, plus flexibility. This class offers chairs for either a standing or seated routine.

**Turn & Burn:** In this spin class, you'll have the option to take your workout up a notch with light hand weights. You'll burn calories, tone muscles, and strengthen your core all while spinning to some great tunes.

**Women's Self-Defense:** This class teaches self-protection for women in everyday circumstances and environments. You will learn techniques and gain confidence to feel safer and empowered. MUST BE 18 years or older, please.

**Y-Fit:** This multi-level aerobics class is for all ages and abilities. Monday & Wednesday focuses on aerobics, strength and stretch, while Friday's class incorporates intervals.

**Yoga:** This style of movement uses different poses which can work to increase strength, balance, flexibility, and mental focus. We offer a variety of yoga styles, and most classes can be modified for beginner to advanced.

**Zumba:** Mix some salsa, mamba, hip-hop and samba and get moving. This dance exercise workout will make you sweat to the beat and have fun while you burn those calories away.