

Group Fitness Class Descriptions

Active Y Adults

A great workout tailored to our senior members combining cardio, strength, and flexibility into one fun workout.

Aerobic/Strength

A blend of low impact aerobics and strength training for a great total body workout.

Cardio Burst

A fast paced, high intensity workout that will blast your cardio fitness and strength to the next level! Each class will be a new 30 min challenge for your aerobic and anaerobic threshold. Perfect for a quick lunch time workout.

Circuit Training

A high intensity, electrifying workout designed to improve cardiovascular and muscular endurance. This class employs specially sequenced exercises to provide a total body workout, engaging as many muscle groups as possible. Circuit training allows participants to work at a pace that challenges them individually making it effective for all fitness levels. Come prepared to push yourself to new levels!

HIIT

A high intensity interval training (HIIT) workout that alternates between intense bursts of activity and fixed periods of recovery time. Each work out is a different challenge of max effort! As an added bonus, the final 15 minutes of class are spent cooling down and focusing on core and stability training. This class is 60 minutes of fun and hard work!

Indoor Cycling

An indoor cycling journey that uses motivational music to help you focus on improving body strength and endurance. This class is challenge for any fitness level!

Pilates

A system of controlled exercises that engage the mind and condition the total body. This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. Perfect for all fitness levels!

Step

A blend of step aerobics and sculpting moves. This unique combo provides a diverse and dynamic workout for the total body!

***STRENGTH TRAIN TOGETHER* (New Class!)**

STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

Yoga

A positive, energizing class focusing on core yoga techniques, breath control, and body postures. Gain strength, stamina, and flexibility while developing self-confidence and presence of mind. Great for any fitness level!