



Downtown YMCA Group Fitness Class Descriptions



Zumba This is a fun class for all fitness levels! This class combines Latin Dance with aerobics for a super workout.

Step II Move to fun music and get your heart pumping! Instructor will present intermediate choreography that can be done at any intensity level for a terrific cardiovascular workout!

Step III The advanced choreography of this class will have you stepping all around your bench to great music! You will have so much fun you will forget you are getting a workout!

CardioKickboxing A great cardiovascular conditioning class that uses punching and kicking combinations to improve muscular endurance, flexibility and agility. No equipment required.

Kickboxing w/bag Get out the gloves, roll out the bags and crank up the music! Punch and kick your way to increased cardiovascular endurance, greater muscular strength and improved flexibility. Jump rope, spar, and release tension in a fun and fast paced class.

Boot Camp Get motivated with this no frills, drill oriented workout. This is a great class for anyone who wants a super workout without choreography.

Sports Plus This class will meet in the gymnasium and consists primarily of sports conditioning drills and calisthenics. This class will increase your strength and cardiovascular endurance while having fun.

Belly Dancing Ladies only please. Learn traditional Middle Eastern Dance that is great for your abdominals! Bare feet and comfortable workout clothes are recommended.

SilverSneakers® Have fun and move to the music through a variety exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers SilverSplash Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance, and coordination.

SilverSneakers YogaStretch YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Sculpt Total body muscular conditioning using barbells with weight plates, bands and dumbbells. Learn basic strength training exercises and proper technique to increase muscular strength.

Yoga Practice basic Yoga postures and relaxation techniques to improve flexibility increase strength and relieve stress!

Power Yoga The more advanced and flowing postures of this class help to improve muscular strength and flexibility. This class will leave you quietly energized and feeling more balanced.

Pilates Walk taller! Feel longer, leaner and stronger! Grab a mat and practice basic Pilates exercises based on the methods of J.H. Pilate. Designed to promote core postural (abdominal and back) strength, as well as flexibility. No equipment is used in this class.

Hip Hop Dance A fun class that incorporates Hip Hop dance for a great cardiovascular workout. No experience needed!

The Xpress Series - The following classes are designed to get you in and out in thirty minutes or less!

Core Xpress This class focuses on the core muscles of the body (abdominal and back strengthening and toning)

Abs Xpress Abdominal and lower back exercises designed to enhance your cardiovascular and strength program.

Sculpt Xpress Strengthen and tone your entire body using barbells with weight plates, bands and dumbbells.

Step II Xpress This thirty-minute Step class is a great way to get your heart pumping and your day started.

Stretch Xpress Give yourself a few minutes to stretch. A wonderful way to relax your mind and body.