

Group Fitness Classes are open to anyone age 12 and up and most are FREE with Membership!* Feel free to come in and try our classes. New to class? Stop by 10 minutes early to meet the instructor and get the scoop. *Teens 12-15 years old must be with a parent for the first class. Minimum age for Body Pump® is 16.

Commit to be Fit

Getting started on this program is easy. To sign up for Commit to be Fit, simply stop by the fitness department desk and schedule your first appointment with your fit coach. Activtrax is FREE with Commit to be Fit—take advantage of this state-of-the-art program! If you are a new member or a long-time member, this is a great way to get to a healthier you! Best of all, it's FREE to members.

15-Min Ab Blast

Check out this quick 15-minute class which is targeted to work only your abs.

Adult Fighter's Fitness \$

High intensity conditioning for both strength and endurance. Functional fitness training for competitive fighting and overall fitness. This is a class for ANYBODY interested in achieving a high level of fitness.

Adult Sparring/Martial Arts \$

Learn the basics of Mixed Martial Arts/kickboxing, including hands-on "live" training with the instructor. Intensity of class is matched to each individual's skill level. Take the "Fighter's Fitness" class from 12:15-12:45pm and get a great Saturday workout!

All Things Round IA

A "think outside the box" workout. Intense and challenging. A full body functional strength & cardio workout. Covering all components of fitness. Featuring kettle bell, the Bosu & up to 7 other pieces of round equipment.

Belly Dancing

An introduction to the world's oldest dance, this class offers the basic repertoire of American Tribal steps, along with increased confidence, improved posture and greater flexibility. This joyous dance form is accessible to everyone—all ages, body types and levels of physical activity are welcome. No previous dance experience is required. Surprise yourself!

BodyPump®

Come to this fun and challenging class where you will use the patented Body Pump routine to tone and sculpt your body. Your instructor will provide suggestions for the amount of weight to use. Body Pump is a licensed program that will really change your body. *Note: No youth under age 16 permitted in class.*

Cardio Boxing

Taught by competitive boxer Damon Hill, this class emphasizes boxing drills and techniques in a high-energy, high-impact workout. Arrive early to wrap your hands. Wraps provided.

Cardio Kickboxing

This class comprises elements of cardio kickboxing and boot-camp-style circuit training to provide you with a total body workout. People of all fitness levels will benefit from this fast paced, always changing and, most importantly, fun class.

Core and Stretch

This class is dedicated to enhancing core strength and increasing your flexibility.

Cross Training Challenge IA

Mix your strength and cardio together with this full body workout. This is a metabolic cardio and strength workout consisting of mostly full body power moves with some muscle isolation.

Beginning Yoga/Fundamental Yoga

A comfortable paced class that will go through the poses and breathing techniques that you will need to start your yoga practice. Mats and yoga props are provided.

Hatha Yoga

Basic poses and breath awareness are introduced as the building blocks of an energizing yoga practice. Mats and yoga props are provided. Great for new students.

Hatha Yoga II - Intermediate

Enhance your strength, flexibility and inner awareness. The wide variety of poses taught weekly will increase your energy and reduce your stress. A good class for students who know the yoga basics and want to learn more.

Hot Yoga IA

A quick-paced yoga class, stressing flexibility and balance in a full body workout. Prior yoga experience strongly recommended.

High Intensity Interval Training (HIIT) – Tabata \$

The Tabata Protocol is a high intensity training regime that produces results. Join us for this 5 week intense training class where we will complete a cycle of 20 seconds maximum intensity exercise followed by 10 seconds of rest, repeated without pause 8 times. Join us as we track our progress and improve performance.

Hour of Power

We could all use..... AN HOUR OF POWER! Thirty minutes of strength followed by thirty minutes of cycle, stay for one or both!

Masala Bhangra®

The Masala Bhangra® Workout is an exercise dance routine that modernizes the high-energy folk dance of Bhangra by blending traditional Bhangra dance steps and the exhilaration of Bollywood (Hindi film) moves. This unique dance mixes cardiovascular exercise with fun and is suitable for participants of all ages and fitness levels.

Muscles in Motion

This class will challenge the strength of the entire body while including stability, balance and core work.

Pilates

Learn the fundamental exercises that are central to all Pilates mat work. Stretching and strengthening exercises are performed using Therabands, resistance circles and foam rollers. Open to all, but essential for serious Pilates enthusiasts.

PILOXING® \$

PILOXING® uniquely mixes Pilates and boxing into a fat-torching and muscle sculpting workout guaranteed to whip you into shape. Experience the transformation as you attain a sleek and powerful self-image.

Power Lunch

Make your lunch break work for you! Thirty minutes of cycle, thirty minutes of strength, stay for one or both! Find what fits for you. Childcare is available.

Short & Sweet

Come join us for a 30-minute total fitness workout. This strength workout will help improve your cardiovascular health and enhance your flexibility. *Note: No youth under age 16 permitted in class.*

Strength Circuit

This fast-paced circuit class will use free weights bands and body bars to work all major muscle groups and help you achieve great results.

Sunrise Bootcamp

Join us for this fast-paced early morning workout. This class will include equal parts cardio and strength work with some ab work just for fun. Come and get your day off to the right start, no matter when you start your day.

Y Cycle

Participants are guided through a series of cycling-based drills on a specialty built stationary bike, which allows participants to control resistance and speed. Get in the zone and coast into fitness!

Y Cycle Journey

This hour long ride will challenge everyone. Participants are guided through a series of cycling-based drills on a specialty built stationary bike, which allows participants to control resistance and speed!

Zumba®

Zumba incorporates dance styles from Latin, jazz, belly, hip-hop and more. Enjoy the benefits of this endorphin boosting, calorie blasting work out with 45 minutes of aerobic dance and 15 minutes of dance inspired toning and stretching. Wear exercise clothes and dance or gym shoes, water bottle recommended. No dance experience necessary.