

Class Descriptions:

The Mixx: The whole body gets worked using weights, tubing, body bars, medicine balls and stability balls. Never the exact class twice so participants get a "Mixx" of resistance training.

Cardio Mixx: This class is designed to work your cardiovascular system in a variety of ways. We use the bikes and various equipment. Sometimes class is a circuit setup but always a bit of a "Mixx" for the heart.

Wogging: An outdoor class where all participants walk/jog/walk at an individual intensity within the group. We cover a 2.5 mile loop at Sunlake Forest Preserve. This will run as long as weather permits.

Cycling: An effective workout for burning calories and keeping your muscles in shape. Varied routines keep things fresh. These classes are great for all levels.

Ripped Rally: This class will work all the core muscles. We will use various exercises to use all the muscles needed for good core strength.

Awesome Abs: a workout that concentrates on lower, middle and upper muscles as well as obliques. We use a variety of equipment to firm up our abs and strengthen our core.

Cardio Kickboxing: this is a boxing style class with stationary punching bags. We will include jabbing, lunging and move from a warm up to a vigorous cardio workout and will workout every muscle group too.

Total Body: This ever changing never predictable workout combines the best of cardio and muscle workouts. Guaranteed to work your total body!!

Chisel It: Strength and Conditioning class focusing on upper body Tuesdays and Lower body Thursdays. This class will work to sculpt long, lean muscles by doing slower and more repetitions.

Step Aerobics: A Great Old friend! Every one loves step and it gets the heart rate up! Great for all levels.

Bag Slam: This Cardio Class uses the techniques of kickboxing to get a head to toe workout. We crank up the music as we punch and kick the stationary punching bags. This will strengthen all muscle groups as well.

Butts N Guts: Using various exercises and equipment we will firm and tone the buns and abs!!

Tabata:(\$) NEW! Try this fun exciting class, with segments of 20 second bursts of exercise and 10 seconds of rest every 4 min. Every fitness level will be challenged and you will not be bored!!!

Wicked Exercise: Experience a complete strength training workout while using a variety of equipment and workout methods.

Cycle Blast: Blast through the calories in this 30 minute, intense as you make it, cycle class. You will do various rides, hillclimbs, sprints and more.

Silver Sneakers: This class is for our fabulous seniors. Silver Sneakers is tailored to meet the specific needs of the individual in order to ensure a healthy lifestyle.

Core and I More: (\$ Everyone wants core, but this class will give you something along with the core. Every class will focus on core but will also have a target workout for different areas. Expect great things!

1/2 & 1/2: This class will give you the full workout! Half of the class time will be spent working on your cardio and the other half will be spent working on muscle strength. GET IT DONE ALL IN ONE.

Yoga: We offer yoga for all levels! We will offer Traditional Yoga, Gentle Yoga for the beginner and Yo-Pi plus Advanced (\$) Yoga for the expert.

Jr. Bootcamp/Teen Bootcamp: (\$) This program will get your kids working out! It will offer various forms of exercise from weights, running, sports help and just getting fit. This class will offer safe and effective workouts.

Kids Cardio: (\$) it's a great time to start kids fitness habits! For 45 mins. Kids will do a cardio workout, burning energy and starting good workout lifestyles.

Preschool Power: (\$) For 45 min. Kids will be working out their cardio system while just having fun. They will work on fine motor skill with games, dancing and movement.

Kids Dance: (\$) We will offer some great dance classes this session! We have preschool ballet and will offer ballet and Jazz classes for ages 5-8 and 9-12!

Poms: (\$) GET FIRED UP! Join poms and learn a routine and possibly cheer for YMCA events!!

Family Tabata: (\$) Get the family involved in this class. 20 sec. bouts of exercise with 10 sec. bouts of rest every 4 min. Every fitness level is challenged and great for family fun!

Move N Groove: This preschool class will get your preschooler moving with some great dancing! The kids will use all different forms of dancing and appropriate music.

