

**Y Health and Fitness Class Descriptions**  
**We build strong kids, strong families, and strong communities**

**Adult/Teen Karate BI:** Ages 14+ Learning self-defense helps you feel safe and confident in today's society. Members 35.00/ \$70.00 Program Member Multipurpose Room

**Adult Boxing BI:** Join George in the basics of boxing. You're sure to burn calories while having fun. Sign up now. **Be sure to bring your own wraps. Space is limited** (6 person Max) Ages 18+ Men and Women Member Fee \$30 Wellness Room Program member/\$60

**Aikido BI:** Ages 12+ Students will learn self defense techniques against attackers armed with a knife and empty handed. Improve physical conditioning and gain confidence in self-defense maneuvers. Mentally and physically learn how to relax under pressure. Members \$25.00 / Non Members \$50.00 Aerobics Studio

**Belly Dancing Fitness BI:** Ages 16+ This class includes a fat-burning cardio workout, plus strength and flexibility exercises to tighten and tone the muscles dancers use. Members \$15/Program Member \$30

**Body Pump IA:** Ages 16+ BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography. Members Free

**Body Stretch BI/ IA:** Ages 16+ O.K. so you take care of your body with cardio and strength... Compliment that work with us during the Tuesday and Thursday morning stretch. Join Adriana for a short time for long term benefits a stronger longer leaner you! Aerobics Studio

**Brazilian Jiu-Jitsu Bi:** Brazilian Jiu-Jitsu is a martial art and self-defense system that concentrates on grappling and ground fighting. BJJ stresses leverage and technique to control an opponent on the ground. This class is a great workout and fun for the whole family. Members \$60.00 / Programs \$120.00 Aerobics Studio

**Cardio Kick-boxing BI:** Ages 16+ Kick-boxing drills with boxing techniques are involved in this incredible work-out for the entire body. *Members Free*

**Core ABS Workout IA:** Ages 16+ This class will help train core muscles (abs and back) to be strong and flexible; and improve stability and posture. Aerobics Studio Members Free

**Hatha Yoga BI:** Ages 16+ This class is for every person and every body type as well as an excellent compliment to any athletic training. Andrea will take you through postures and breathing techniques and complete your session with relaxation. Aerobics Studio Members Free

**Hour of Power BI:** Ages 16+: Join C.K. or Adriana for an uplifting strength building session of weight training. All age groups can participate in this class.

**Intro to Kung-Fu:** Ages 18+: Participants will learn aspects of four kung fu systems including; Tai Chi, Shaolin, Hsing I and Praying Mantis. Some of these ancient Chinese arts have a history of over 1,000 years. Aerobics Members \$15/Program Members \$30

**Karate Youth BI:** Ages 5-14 Members \$60.00/Program Members \$120.00 Aerobics Studio

**NIA BI/IA:** Ages 13+ NIA is a path to condition, heal and express yourself through movement and sensation. NIA is a dynamic blend of dance arts, martial arts and healing arts. \$15 Member Fee/Program Member \$30 Aerobics Studio

**Personal training BI/IA:** Ages 16+ Need help with taking your work out to the next level? Try our personal training program. It's fun, challenging, and educational. See front desk for details.

**Pilates Sculpt: BI/ IA** Ages 12+ This class combines basic Pilates movements with a light weight-training regimen to tone and sculpt. **Level of Impact:** Low to Moderate Member fee \$15.00 /Non Member \$30.00 Aerobics Studio

**Sedrick's Boot Camp IA:** Ages 16+ come ready to work, sweat, and have fun. Join our Fitness Director Sedrick in a challenging dynamic group work out. Member fee \$15.00 /Program Member \$30.00 *Aerobics Studio*

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

**SilverSneakers® Yoga Stretch BI:** Yoga Stretch 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.

**Spin & Combo BI:** Ages 16+ A yoga based post cycle stretch plus balance work to enlarge your muscles and increase your core strength. Members Free

**Tai chi BI:** Ancient Chinese Meditation and Marital Art with a Thousand year history. All ages welcome. Aerobics. \$40/Members \$80/Program Members

**Turbo kick BI:** Turbo Kick is the hottest cardio kickboxing class around for fitness training. Turbo Kick is a fusion of hip hop and kickboxing. Aerobics Studio Members Free.

**Yoga/Meditation IA:** Ages 16+ This class is for students looking to increase flexibility, strength and endurance. Postures will flow from one to the next in conjunction with the breath. Assists and modification will be offered for all levels of students. Aerobics Studio Members Free

**Zumba Gold BI:** Ages 10+ A fat burning Latin dance combo class that is great for **beginners**. This class rocks! Aerobics Studio Members Free