

## **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

**Aikido:** Ages 12+**BI:** 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*

**Body Combo BI:** This class brings a fusion of Cycling, Pilates, and Yoga. Free to members Wellness Room

**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 Karen for a short time for long term benefits a stronger longer leaner you! *Aerobics Studio Sign up at the desk*

**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 \$10.00 /Program Member \$20.00 *Aerobics Studio*

**\*Body Tone\* BI:** This high-energy class is great to tone, define target areas, and build muscle strength and stamina. *Aerobics Room Member Fee Free* Ages 16+

**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*

**Cycle BI/IA: (Group Cycle Advanced Cycle)** Ages 16+ Our indoor cycling classes give you the feel of an outdoor cycling workout. Our highly trained instructors are able to work with all fitness levels to reach your potential in this heart rate based workout. A water bottle and towel are necessities. Heart Rate monitors are suggested. *Cycle Studio Aerobics Studio Members Free*

**Cycle & Yoga BI:** Ages 16+ A yoga based post cycle stretch plus balance work to enlarge your muscles and increase your core strength *Cycle Aerobics Studio Members Free*

**One Hour Body Lift BI:** 16+: Join C.K. and Adriana for an uplifting strength building session of weight training. Our 30 minute body lift can be taken in one or both thirty minute sessions. All age groups can participate in this class. Seniors are embraced in this class. Chairs are optional. *Members Free Aerobics Studio*

**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. Laura will take you through postures and breathing techniques and complete your session with relaxation. *Aerobics Studio Members Free*

**Kid's Cardio kickboxing:** Ages 6+ **BI +** Kick-boxing drills with boxing techniques are involved in this incredible work-out for the entire body. *Members Free*

**Kids Fun Club:** Ages 7-11+ **BI:** Join in on the fun! There are new games, sports, and crafts every week! *Members Free*

**Kids stuff for tots BI:** Ages 3 to 6 during your workout, place your child in our Tot class! Member fee \$15.00/ Non Member fee \$30.00 *Cycle Studio*

**Kids Yoga: BI** Ages 5+ Kids will improve concentration and focus, stimulate their imagination and help to release energy in a fun, safe environment. Using interactive games and animated yoga poses. *Aerobics Studio Members Free*

**Karate Youth BI:** Ages 5-14 *Members \$55.00/Program Members \$110.00* *Aerobics Studio*

**Kung Fu: BI** Ages 13+ Martial arts are implemented in a manner that encourages self-worth, achievement, and personal growth. *Multipurpose Members 30.00/ Program Members \$60.00*

**Massage Therapy:** \$50 per hour massage. Sign up at the front desk.

**Muscle Sculpt @ IA:** Ages 16+ Challenge your muscles by taking the ultimate resistance training class. Great music combined with power moves using a barbell system or hand weights--your choice. This high-energy class is great to tone, define target areas, and build muscle strength and stamina. *Member/ Free*

**\*NIA\* BI/IA:** Ages 13+ NIA is a path to condition, heal and express your self through movement and sensation. NIA is a dynamic blend of dance arts, martial arts and healing arts. *Member Fee \$20/Program Member \$40*

**\*Pilates\*: BI/ IA** Ages 12+ Pilates will improve your mental and physical well-being, increase flexibility, and strengthen muscles. *Member fee \$10.00 /Non Member \$25.00* *Aerobics Studio*

**Personal training BI/IA:** Ages 16+ need help with taking your work out to the next level? Try our personal training program. Its fun, challenging, and educational. *Member fees \$35/1 session, \$180/6 sessions, \$280/10 sessions. Non member fees \$70/1 session, \$360/6 sessions, \$ 565/10 sessions*

**Silver Sneakers @ BI: SilverSneakers® Muscular Strength & Range of Movement**

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.

**\*Sticks and strength\* BI:** This class is taught by our beloved Karen Keenly. This class is fun and exciting and brings a different dimension to exercise. Free to members *Aerobics studio. Ages 13+*

**\*Women's Boxing\* BI:** Join Andrea in the basics of boxing. You're sure to burn calories while having fun. Sign up now. **Space is limited** (6 women Max) *Ages 18+ Member Fee \$25 Wellness Room Program member/\$50*

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

**Zumba Tone BI:** Ages 10+ fat burning Latin dance combo class that is great for all fitness levels. This class also adds weights and dumbbells. *Members Free*