



YMCA CLASS DESCRIPTIONS

SILVER SNEAKERS:

a low-impact workout designed for older adults, focusing on improving strength, flexibility, and balance through seated and standing exercises that use a chair for support.

TONING:

focuses on strengthening and sculpting muscles through targeted exercises, often using resistance tools like bands or weights to enhance definition and endurance.

ZUMBA:

a high-energy dance fitness class that combines Latin and international rhythms with easy-to-follow choreography for a fun, full-body cardio workout.

TAE KWON DO:

a martial arts class that teaches self-discipline, respect, and physical fitness through the practice of traditional techniques, forms, and sparring.

STRENGTH & FIT:

a fast-paced workout that alternates between short bursts of intense exercise and brief recovery periods, designed to improve cardiovascular fitness and strength in a time-efficient manner.

BOOTCAMP:

a fast-paced workout that alternates between short bursts of intense exercise and brief recovery periods, designed to improve cardiovascular fitness and strength in a time-efficient manner.

***GERI FITNESS:**

class empowers women athletes of all levels with high-energy, supportive workouts that combine HIIT, calisthenics, and weight training to build strength, burn fat, and crush personal goals.

KICKBOXING:

combines the power of weight training with kickboxing techniques to build muscle, increase strength, and tone your entire body, all in a supportive and energizing environment.

YOGA:

a calming, strength-building class that focuses on improving flexibility, balance, and mindfulness through guided poses and breathing techniques