

Class Descriptions

Aqua Zumba: Blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose.

Body Sculpt: This total body weight bearing workout uses various types of resistance to strengthen every muscle group to maintain muscle mass and bone density.

Cardio Kickboxing: Get a great full body workout in this class! Between the kicks and punches you'll be working your whole body, burn tons of calories and have a great time (non-contact class),

Chair Yoga: Chair Yoga is an accessible form of yoga practiced sitting on a chair or standing using a chair for support. Chair Yoga is gentle on the joints, and builds strength and flexibility slowly, allowing your body to adapt gradually. You will increase your range of motion in all your joints as you build endurance and stamina. Chair Yoga can be done in sneakers or barefoot, with a yoga mat placed under the chair, which will be provided by the Y. Wear loose and comfortable clothing.

Core: Class centers around establishing and strengthening one's core body strength through traditional body movements which mirror our daily routines. The instructor provides a unique class work out which includes body mass movements, weight appropriate lifting, and cardiovascular exercises. All exercises are performed at varying intervals.

Cycle: It's your ride as you control the intensity of your full body workout in this group cycling class. Get motivated by your fellow riders, the instructor and the music for a workout your body won't forget! All levels are welcome.

Deep Water Aerobics: Come and join this water aerobics class that utilizes the resistance of the water to get your heart rate up and your muscles moving. We will alternate between different equipment, such as water weights, water noodles, and hand paddles, each class will consist of a warmup, sets of repetitions followed by a recovery period, a cool down and stretch.

Essentrics: A dynamic, full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body.

HIIT Express: A quick, 30-minute lunch time cardio and strength class that fits perfectly in the middle of the day!

Les Miles Body Flow: A new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started

Les Miles Body Pump: A challenging original barbell class that strengthens and tones your entire body using a barbell, weights, a step, and a mat. *Space is limited based on equipment availability.

Les Miles GRIT: An intense 45-minute team training session that will blast all major muscle groups and take your training to the next level using weight plates and the bench!

Stability & Balance: A slow paced, gentle movements class using chair and wall. Combine gentle short Yang style Tai Chi, Qi'Gong, chair yoga to improve functional strength, stability, flexibility and balance. It helps with arthritis and fall prevention, increases vitality energy level. All levels are welcome.

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Pilates: Pilates is a system of strengthening and stretching exercises designed to increase body awareness as well as develop muscular strength, muscular endurance, and flexibility. Also promotes muscular balance, improved posture and graceful movement. All welcome.

Slow Vinyasa / Slow Flow Yoga: Revitalize and calm your mind and body through self-regulation and balance. This is a slow vinyasa yoga class designed to support individuals in cultivating strength, balance, and calm through movement, breathing techniques, and a short relaxation practice at the end. All levels are welcome!

Shallow Water Aerobics: This is a low-impact water class designed to provide cardiovascular conditioning, improved muscle tone, and improved balance. The class will utilize different equipment for a fun challenge. It is a total body workout without the stress of land-based exercise. Non-swimmers welcome!

Step: This class will give your heart, body, and mind a workout with easy-to-follow low or high impact choreography that keeps you interested and challenged. Both novice and experienced steppers are encouraged to attend.

Tai Chi: Join in on the moving meditation! This practice, over time, leads to better balance, posture as well as better mental focus by creating a calm and clear mind. Additional benefits include an increase in muscle tone, strength, and flexibility, making functional day-to-day activities easier and more enjoyable.

Yin Yoga: Yin Yoga is a passive (not aerobic) practice which complements more active pursuits such as vinyasa flow yoga, or yoga 3. The slow pace allows us to return to our bodies in a reflective and gratitude-filled practice. Poses are held for 3-5 minutes to help the dense connective tissue of the joints and fascia release. All levels.

Yoga 1: This class focuses on gentle movements, proper breathing, strength, balance, and flexibility, while establishing basic yoga principles. Participants who want a slower pace with low intensity are encouraged to attend. Open to all levels.

Yoga 3: Taking it to the next level, we encourage those who are advanced in their practice to try this class. Participants looking for a dynamic class with creative sequences are encouraged to attend. Poses are more advanced and have an increased complexity in flow sequences.

Zumba: It's an exhilarating, effective, easy-to-follow, Latin-international inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

SPECIAL FREE PROGRAM - Mindfulness Meditation:

Learn mindfulness techniques proven to reduce stress and reactivity, improve sleep, increase focus, and boost physical and mental well-being. Classes include mindful movement such as slow stretching or walking, a short lesson or reflection, and meditation education and practice. Come relax and reset, reconnect with yourself, and build your toolbox, whether you're new to mindfulness or have an established practice!

SPECIAL PAID PROGRAM - Traditional Japanese Karate: Strengthen both body and mind! Learn the traditional Japanese style of Itosu-Kai, studied in 21 countries worldwide, a rare offering on the East Coast. Classes include Kihon (basics), Kata (formal exercise), and Kumite (controlled sparring). Focus on self-defense, self-control, overcoming obstacles, increased stamina, concentration skills, and etiquette. Individual pace is honored. Anyone can learn and make progress. It runs a seasonal and is a paid program. Please register at the membership front desk.

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