

Fitness schedules will be available at the Reception Desk. Class schedules are subject to change, so if you are new to a class be sure to call the Y to confirm times. A 5-minute window has been implemented into the schedule to allow for setup and breakdown of aerobic equipment between classes.

A.O.A.: 60 MINUTES

This class includes a warm-up, muscle strengthening exercises, 20 minutes of activity, and stretching exercises.

AEROBIC BLAST: 45 MINUTES

Fun and easy-to-follow sequences incorporating marching, grapevines, knee lifts, and lots of moving!

AWESOME ABS: 15 MINUTES

This express class designed to attack the abdominal and lower back muscles. Come to class warmed up.

BODY SCULPT: 45 MINUTES

A muscle conditioning class that provides a balanced total body workout.

BOOT CAMP: 45-60 MINUTES

A fun workout that incorporates obstacle courses, stations and circuits. This workout will give you variety while conditioning cardiovascular, strength, and working on your power and agility.

CORE CONDITIONING: 20 MINUTES

This express class concentrates on the core muscles of the body. Strengthening the abs and their opposing muscles as well as stabilizing them. Come to class warmed up.

CYCLEBOX: 45 MINUTES

The ultimate cardio workout hitting both upper and lower body by alternating intervals of cycling and boxing.

CYCLING: 45 MINUTES

An indoor cycling workout incorporating visual imagery, verbal cues, and Energy Zones that take you to a new level in your cycling. All fitness levels welcome, remember to work at your own level. You can reserve your spot for class up to 3 days before scheduled time.

CYCORGA: 55 MINUTES

A class combining 35 minutes of cycling with 20 minutes PiYo Core. This class provides the three major components of fitness all in one.

FITNESSYOGA: 45-60 MINUTES

A total mind-body workout featuring cardiovascular conditioning, functional strength, flexibility, muscle balancing, and relaxation. Each workout is a special sequence of poses to warm up, work, and relax for any level of participant.

KICKBOXING: 45 MINUTES

A class utilizing boxing gloves and boxing bags that gives a great cardiovascular and muscle conditioning workout.

PILATES MIX: 40-45 MINUTES

A mind body connection/awareness practice and total body conditioning workout to help improve posture, balance, strength, flexibility, breathing and "core" strength. This class incorporates the use of various exercise equipment.

PIYO: 45 MINUTES

A fusion style flexibility workout blending Yoga, Pilates, and strength in a flowing sequence. No equipment used.

PIYO SCULPT: 45 MINUES

A fusion style flexibility workout blending Yoga, Pilates, and strength with the use of resistance equipment.

STEP & SCULPT: 60 MINUTES

Step up and down to a variety of moves. Muscle conditioning is added along with this class.

YOGA SCULPT: 45-60 MINUTES

Combines yoga and strength training together in one workout to improve muscular strength and endurance with the safe use of resistance equipment. This class will enhance weight loss and muscular toning.

TAE KWON DO

Study the basics of one of the oldest & best martial arts forms. This introductory class will focus on basic self-defense techniques, flexibility, breathing & an overview of the principles.