

Boot Camp - 45 Minutes (All Levels)

An intense workout that includes running and calisthenics. The types of exercise taught in this class change every day.

Easy Does It/Nice n Easy - 45 Minutes (Beginners and Seniors)

For members 65 years and over, beginners, and those carrying excess weight this class is a combination of walking, light impact aerobics, toning and stretching.

Family Tae Kwon Do - 1 Hour**

This is a Korean form of martial arts. Contains basic calisthenics, punching and kicking. The class is directed towards families.

Fun Seekers-45 Minutes (Intermediate to Advanced)

A non-choreographed combination of jogging, calisthenics, and strength moves designed to improve your cardiovascular fitness and tone muscles.

Gentle Yoga -60 minutes (Beginners)

Through deep stretching, breathing techniques and balance work, yoga brings a sense of calmness and vital energy to the body and mind. Yoga will relax the muscles, strengthen alignment and improve posture.

Hatha Yoga- 60 minutes

A blend of classic Hatha Yoga postures. You will learn stretching, bending, twisting, balancing and inversion poses that cultivate correct body alignment. You will learn a variety of breathing practices.

Self Defense - 1½ Hours**

A combination of several styles of Martial Arts put together to teach practical self defense.

Pilates Mat Classes - 1 Hour (Beginning and Intermediate Classes)**

We offer 3 levels of Pilate's classes. Registration required. Please see program brochure for description.

Power Cycling - 60 Minutes

In this indoor stationary bike class set to music, the instructor will lead you through a series of drills for a great cardio workout and a ride you won't soon forget.

Power Sculpt - 1 Hour (All Levels)

This class uses an assortment of equipment such as barbells, dumbbells, medicine balls and tubes to sculpt your entire body. Stretches and relaxation are included.

Tighten and Tone - 1 Hour (All Levels)

In a very easy to follow workout, you will tighten and tone the muscles of the upper and lower body.

Teen Cycling - 45 Minutes

Teens will learn the importance of a fitness program while learning about this amazing fitness challenge. Beginners and Advanced Riders Welcome. Must be taller than 4'11"

Total Body Challenge-TBC - 1 Hour (Intermediate to Advanced)

This is the ultimate workout. Each class will include cardiovascular training such as step, aerobics, kickboxing, jump rope, etc. plus strength training and more. Anything goes in the TBC class. Workout is different every time.

Women on Weights - 1 Hour (All Levels)

A women's strength training class that works on all muscle groups.

Silver Sneakers® - Muscular Strength & Range of Movement - 1 Hour (Beginners and Seniors)

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 ball are offered for resistance, and a chair is used for seated and/or standing support.

Zumba - 1 Hour (Intermediate to Advanced)

Zumba is rated as one of the most fun ways to exercise. Our certified instructors will lead you through one of the most intense workouts the Y has to offer.

Aqua Classes

Active Older Adult AOA - 45 Minutes (All Levels -Water)

Functional Fitness program for active older adults who want to improve function on land through fun in the water.

Arthritis - 45 Minutes (All Levels - Water)

Utilizes the warmth, buoyancy, and resistive properties of water to help decrease stiffness and maintain joint mobility. Follows Arthritis Foundation program. Doctor's note required to participate.

Complete Cardio - 1 Hour (All Levels - Water)

This class utilizes various areas of the pool and a variety of equipment to challenge your cardiovascular and muscular fitness.

Fluid Motion - 1 Hour (All Levels - Water)

A shallow water workout that will use noodles, foam weights and other equipment to vary the intensity of the workout

In Too Deep - 1 Hour (All Levels - Water)

This class incorporates the use of a variety of equipment to ensure an intense cardiovascular workout in the deep end of the pool.

Multiple Sclerosis - 1½ Hours

A program in conjunction with the National Multiple Sclerosis Society. This class offers the freedom and mobility that the buoyancy of water provides.

SilverSplash® - 1 Hour (Beginners and Seniors)

Activate your aqua urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Step and Splash - 1 Hour (All Levels - Water)**

A twist on the traditional land step aerobics class. Challenge your workout and take a step class in the water.

Sunrise Splash - 1 Hour (All Levels - Water)

An energizing combination of cardiovascular work and toning. This class is held mainly in the shallow water, however, will include deep water work. Modifications will be available for those not comfortable with deep water.

Wet N' Wild - 1 Hour (All Levels - Water)

A class for all fitness levels designed to improve muscular strength, endurance and cardiovascular system.

*We reserve the right to cancel any class with less than 5 participants. Teens 14 and over are welcome for a serious workout. **Registration and/or fee required.*