



FIND A CLASS RIGHT FOR YOU

The Y offers a wide variety of classes available to all members. Find the class that is right for you and reserve a space today.

STRENGTH

Intermediate to advanced exercisers

Strengthen your entire body! Challenge all your major muscle groups by using the best weight-room exercises including squats, presses, lifts and curls. These classes shed fat, sculpt muscles and increase fitness.

BodyPump

SHRED

MIND-BODY

All Levels

From mind, to body, to spirit, these yoga based classes blend physical movement to increase flexibility, balance, coordination, and strength, while it lengthens and tones every muscle of the body. Our stretch based classes focus on improved range of motion, flexibility and overall wellness.

Yoga

Holy Yoga

BodyFlow

Deep Stretch

Athletic Stretch

CARDIO

All Levels

These fiercely energetic classes keep you motivated from start to finish. Each class offers a different challenge that includes high intensity movement and music in a great atmosphere.

BodyCombat
(Inspired by martial arts)

BodyStep
(Height adjustable step)

GRIT

PIYO

Tabata

CARDIO/CYCLE

All Levels

Ride to the rhythm of powerful music with these cycling workouts. Take on the terrain with your instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

CYCLE

RPM

SPRINT

DANCE

All Levels

Dance your way to a fitter you through these fun and challenging dance-based classes while breaking a sweat.

ZUMBA

ZUMBA GOLD

BODYJAM

SPECIALTY

All Levels

A total-body workout is the most efficient way to burn calories and gain strength due to the variety of movements and exercises that are integrated. All of these classes are total-body workouts that aim to hit all the major muscle groups in a single session. Looking to target your core? Try **Pilates**, **LesMills Core** and **PIYO**. With **Tabata** you will incorporate cardio with a variety of strength and bodyweight exercises. **Barre** will focus on lower legs, glutes, and abs. **Silver Sneakers** uses endurance, strength, balance, and flexibility for the strength development of older adults.

PIYO

BARRE

Tabata Mix

SilverSneakers

Pilates

LesMills Core