



CLC YMCA GROUP EXERCISE CLASS DESCRIPTIONS

CALISTHENICS (All levels)

A comprehensive look at working out using body weight. Learn new skills, how to structure a calisthenics workout, and how to work out anywhere, anytime with minimal equipment. Class meets in Boxing Studio.

CYCLING (All Levels)

Experience an excellent cardiovascular workout as you pedal through hill sprints and many other challenging drills on our indoor cycling bikes.

CYCLING & CORE (All Levels)

Experience an excellent cardiovascular workout as you pedal through hill sprints and many other challenging drills on our indoor cycling bikes. Ends with a core challenge!

FELDENKREIS CLASS (All levels)

A program of gentle movements and directed attention to help you learn new and more effective ways of using your body. Rediscover your innate capacity for efficient movement and lessen chronic aches and pains.

FITPICCLE (All Levels)

Play, run and laugh with music and tennis games. A tennis pro will guide you and make sure you feel the burn.

HATHA YOGA (All Levels)

A great opportunity for all to discover yoga and deepen your practice. Emphasizing proper form and learning modifications to meet you at your own level.

KETTLEBELLS (All Levels)

Join us for a kettlebell workout that burns fat, builds muscle, and increases strength and stamina. Kettlebells uses dynamic moves targeting almost every aspect of fitness—endurance, strength, balance, agility, and cardio endurance.

LIVING FIT (All levels)

Combine elements of fitness with a total body workout for active older adults using free weights. The instructor will emphasize work on your core, form, and posture. Get ready to sweat!

OUTDOOR BOOTCAMP (Int-Adv)

Outdoor class designed to test your strength and endurance using heavy weight including tires and pull up bars. Meets outside next to building.

PILATES (All levels)

Work on proper alignment, control, precision, centering, concentration, breathing, and movement. Strengthen your “core”—abdominals, pelvis, back, shoulders, and buttocks to tone your body.

PIYO (All levels)

Tone your muscles through a combination of yoga and Pilates. You’ll focus on strength, flexibility, alignment, precision, centering, concentration, and breathing.

POWER FLOW (Int-Adv)

A challenging and dynamic yoga practice. Focused on linking movement and breath through a wide range of asanas.

STRENGTH & CORE (All Levels)

Get fit fast! A full body workout designed to challenge you at your fitness level. Utilizes weights and ends with core!

STRENGTH TRAINING (Int-Adv)

Get energized for the day with this high-intensity, full-body workout! Using a mixture of bodyweight, kettlebells and free weight exercises, you need to bring your all!

TABATA STRENGTH (Int-Adv)

Using a variety of exercises and methods for this training, you’ll be targeting major muscle groups for a whole-body workout. Tabata will make you lean and strong through short bursts of peak effort using the 2:1 work/rest ratio.

TOTAL BODY CHALLENGE (Int-Adv)

Focus on balance, coordination, and cardiovascular endurance with this full-body workout. Challenge yourself with cycling, interval training, weights, body weight resistance moves, and track workouts.

VINYASA YOGA (All levels)

Classic Vinyasa class structured around moving with the breath. Find ease of movement through poses focused on balance, mobility and strength.

****SEE PROGRAM GUIDE FOR ALL PAID CLASS DESCRIPTIONS.****