the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ELEVATE

CLASS DESCRIPTIONS

LES MILLS

BODYATTACK™
BODYATTACK is a sports-inspired cardio workout program for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BODYCOMBAT™
BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

BODYFLOW™
BODYFLOW is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. New to class? Join us for the first 4 songs!

BODYPUMP™
This revolutionary barbell workout challenges all major muscle groups. Class consists of squats, presses, lifts, and curls as you strengthen, tone, and define your entire body. You'll determine the level you work by choosing the appropriate weights.

CORE™ (formerly CxWorx)
Based on cutting-edge scientific research, CXWORX is the ultimate way to get a tight and toned core. CXWORX is 30 minutes of dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body and will leave you looking good and feeling strong.

RPM™
This indoor cycling workout guides participants to ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

SPRINT™
Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results and help your body burn calories for hours. This is a short, high intensity, low impact workout that is scientifically proven to return rapid results.

GENERAL CLASSES

BOOT CAMP
A high intensity workout to jump-start your fitness goals that could include anything from jumping rope, lifting weights, jogging, to crazy games.

GENERAL CLASSES, continued

EARLY AM SPECIAL
Strengthen, stretch and tone! A variety of exercise routines for the early morning riser.

PILATES
This class uses Pilates-based mat exercises as well as updated variations to make Pilates exercise fun and accessible to a wide range of fitness levels. Build long, lean muscles, increase your flexibility, and improve posture in this dynamic class.

HIIT
High Intensity Interval Training is a quick, effective workout using your own body weight and fast movement.

INTERACTIVE SPIN
Our indoor group cycling classes provide exciting cardio workouts suitable for all ages and fitness levels. Under the guidance of our instructors, participants simulate riding through various terrains by manipulating their resistance and pedaling faster.

SENIOR FIT
Energetic class for the active older adult. Work on balance, posture, and strength while making friends!

SILVER SNEAKERS
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living.
will sculpt your muscles and burn calories while improving posture and body alignment. This class is located in the Spirit, Mind and Body room. Please leave your shoes and worries at the door. Suitable for all fitness levels.

STRENGTH & STRETCH
Give yourself a mental break and improve your productivity and energy during this 45 minute fusion workout. This class incorporates yoga, Pilates and ballet exercises that will sculpt your muscles and burn calories while improving posture and body alignment. This class is located in the Spirit, Mind and Body room. Please leave your shoes and worries at the door. Suitable for all fitness levels

QIGONG
Qigong is a gentle exercise system with relaxed and regulation of mind and breath. It improves all of the functions of the body including the digestive, nervous and immune system. It also improves core strength, posture and increases flexibility. It can be practiced either standing or sitting and all ages and abilities are welcome.

Y'S WAY
A combination of cardiovascular, muscular strength and stretching geared toward the person who is new to exercise and the active older adult.

YOGA
Yoga creates awareness of your body through poses that combine deep stretching with balance. Concentration work is also incorporated into this workout. We currently offer the following varieties: Gentle, Hatha, Restorative, Vinyasa

ZUMBA
Come join us for some Zumba fun! Zumba is a Latin inspired dance fitness class that incorporates Latin and international music and dance moves.