



## **Fitness Class Descriptions**

### **MORNING FITNESS JAM**

A cardiovascular class incorporating step, land, athletic type drills, and using a variety of equipment for toning.

### **FIT IN THE CITY**

*Toning and stretching for active older adults. Class takes place on the 4<sup>th</sup> floor gym.*

### **WEEKEND STEP**

A variety class including step, kickboxing, and toning with an emphasis on interval training.

### **FIT OVER FIFTY**

A class designed for the active older adult. Includes low impact aerobics, toning and stretching. Class takes place on the 4<sup>th</sup> floor gym.

### **STEP AND SCULPT**

A class combining step choreography, interval training, and sculpting with either weights, bars, bands, or body weight.

### **GUT BUSTERS/ABS BLAST**

Concentrated abdominal workout.

### **CARDIO STEP KICK**

A combination of kickboxing and basic step. This class is designed as an aerobic conditioning class that will provide a total body workout using step and kickboxing combinations.

### **MAT PILATES**

A relaxing yet effective class that promotes flexibility, muscle strength, balance, efficiency, and core stability. Emphasis is placed on breathing.

### **DANCERCISE**

For women only! Dancing to the hits and inspiring you to move.

### **PUMP IT UP**

A mixture of aerobic exercise and body sculpting. Designed to help improve posture, reduce body fat and increase muscle definition without the bulk.

### **ZUMBA**

A fusion of Latin and International music that creates

A dynamic, exciting and effective aerobic fitness party without feeling like a workout. Registration is required to participate in this class.

### **TURBO KICK**

An energetic pre-choreographed kickboxing class which combines calorie-blasting kickboxing and body sculpting with the hottest dance music.

### **SWEAT AND SCULPT**

A sculpting class utilizing a variety of equipment.

### **TRX EXPRESS**

A combination of cardiovascular exercises and TRX Suspension training. A complete total body workout.

## **Fitness Class Policies**

1. If an aerobic class has 6 participants or fewer for three days consecutively, the class may be cancelled.
2. YMCA members may take fitness classes FREE unless otherwise stated.
3. Schedule is subject to change. Please see member service desk for revised schedules.
4. For more information call (509) 248-1202.

### ***\*PLEASE NOTE:***

**Fitness classes are available for ages 11-13; however, the participant MUST be accompanied by a parent or guardian.**

## **Group Cycling Classes**

- Group cycling is a group fitness class conducted on stationary bikes and led by a certified cycling instructor.
- The class is a self-paced class for all fitness levels and a great opportunity to enjoy a fun and challenging cardiovascular workout.
- Classes are held on the first floor next to the chapel.
- Group cycling classes are FREE to members.
- It is a good idea to bring a towel and water bottle with you to class.
- Please sign up at the Member Service Desk ½ hour prior to class time.

