

Introducing Fusion! Two classes paired together for an ultimate workout experience. Try them both!

Fitness Class Descriptions

See reverse side for class times and location.

Level I:

AFYAP- A program sponsored by the National Arthritis Foundation and the YMCA of the USA. Water exercise specific for people with mild to moderate arthritis and those with other therapeutic needs.

Moms in Motion- An exercise class designed for expecting moms.

Silver Sneakers- Muscular strength & range of Movement Cardio Circuit is a multi-level, equipment based, total body conditioning utilizing a chair, elastic tubing with handles, hand-held weights, and an inflatable ball.

Silver Sneakers Yoga Stretch . Move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, & range of movement.

Soothing Water- Exercise in the relaxing and soothing confines of water. Exercises done in the primarily in the deep end of the pool.

Level II:

Abs- A 15-minute class designed to strengthen, tighten and tone the midsection.

Group Cycling- A low-impact group exercise class on specially-built stationary bikes. Space is limited. Reserve your bike thru signup sheets available at 16th Front Desk.

Power Pump- Different stations of weight training and cardio segments to create high calorie burn.

Sculpting Water Fitness- Build cardiovascular endurance and strengthen your entire body while you work against the water's resistance.

Yoga- A rejuvenating class that involves muscle lengthening exercises in a soothing atmosphere. Please note that beginner class is offered on Tuesdays with advanced class on Thursday evenings.

Yogalaties- A yoga/pilates class combined. Receive the flexibility through Yoga poses while incorporating strength moves inspired through Pilates. Best of both worlds.

Zumba- A danced-inspired cardio class with infectious music, easy-to-follow dance moves, with little instructor cueing. It is all about movement, no rhythm required.

Level III:

Body Sculpt . Tone the entire body with use of hand weights, resistance bands, and stability balls.

Deep Water: Interval paced aerobic workout in the deep end of the pool.

Fit Ball – Utilizing a stability ball, this class will help to strengthen the entire core (back & stomach)

Fusion Core Blast: Move from traditional sit-ups to innovative moves from stabilization, Pilate-style, and movement based core exercises.

Interval Training- Cardio and weight training segments intermixed within this class. Lots of Variety!

Moving Water- Join us for a fast-moving aerobic water workout. Will be a combination of fun and challenging water exercises that bring up your heart rate while increasing muscle tone.

Power Yoga: Sweat producing, muscle building powerful workout, balancing opposing muscles groups, athletes may alleviate pain and injuries

Step- It's still a favorite. Instructors will guide you through challenging workouts using the bench.

Level IV:

30/30/30: Strength & cardio combine with exercises progressing every 30 seconds. Hard, Harder, Hardest.

Fast Water/Fusion Fast Water – Work up a sweat without the impact on the joints. Fast paced movements fighting the water's resistance in shallow water.

F.I.T.- (Focused Interval Training) This class utilizes cardio, strength training and loads of variety to your workout. With three different instructors each class will be a unique experience.

H.E.A.T.- (High Energy Athletic Training)- Athletic drills sequenced to challenge the athlete in us all. With increasing duration and speed of these drills, your level of intensity will multiply.

Kickboxing- A boxing routine alternating with toning sessions to help increase your after-burn (metabolism). First-time participants should come early for basic instruction.