

Group Fitness Class Descriptions

(Revised: 1-6-2011)

Land Classes

Beginner Level Group Fitness...

Restore the Core... Learn the proper form and technique for targeting the "Core" (Abs, Back, Obliques). Training the muscles of the core can correct postural imbalances that can lead to injuries, alleviate back pain and develop functional fitness – that is fitness that is essential to both daily living and regular activities. Come join us in the studio for this 15-minute workout!

Stretch Express... Need to improve your flexibility and balance or looking for a perfect way to end your workout? This 30-minute class will offer a soothing stretch; will improve your sense of balance in a tranquil atmosphere, followed by a calming relaxation. You have the option of using a mat or sitting in a chair. All fitness levels welcome.

Senior Shape Up... George Burns (who lived to be 100) used to say, "If I knew I was going to live this long, I would have taken better care of myself!" Seniors-take care of your body! This 45 min. class is designed to improve your cardio, strength, endurance, flexibility, and balance, but most importantly, your overall health. Exercise is the key to healthy aging. You will work out with music, hand-held weights, elastic tubing, weighted balls, body bars, fit balls, and on occasion will do the parachute, theme workouts, circuits and line dancing. Coffee and social time after every class.

Y Cardio-Y Strength... A great place to start! Why is exercise so important? It improves stamina, strengthens & tones muscles, enhances flexibility, controls weight, prevents diseases, and improves quality of life. This 1-hour class includes 2 separate classes... you can attend one or both. Class will start with 30 min. of cardio and move right into 30 min. of strength training to get your fitness "back on track"! If just coming to Y strength – come warmed up and ready to go. Geared towards the beginning exerciser, but all fitness levels welcome!

Easy Rider...(not available at this time) Join this non-impact, easy on the joints, indoor cycling class for beginners or active older adults. Learn correct bike set-up, form, hand positions, cadence and how to incorporate heart rate training for a more effective workout.

Ready for More?

360°-CBT (Complete Body Training)... Traditional stepping, cardio and strength training exercises performed in 2, 3, & 4-minute intervals for a 360° complete body workout. You will be using a variety of equipment and listening to the BEST music ever! All fitness levels are encouraged to attend this fun & challenging class as low, intermediate and high impact options will be shown by your instructor, Carol - known as the "Queen of Fitness & Fun". She will have you laughing and sweating for an entire hour!

LesMills BODYPUMP... BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, your choice of weights and motivating instructors to help inspire you to get the results you came for – and fast!

Zumba... Ditch the Workout, Join the Party!! That is the theme for this Exhilarating Experience! Zumba fuses Latin Rhythm and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! Experience long-term benefits while having a blast in these 45 min. calorie-burning, body-energizing, awe-inspiring movements!

J&K's Cardio Explosion... Come Rock the House!! The experienced instructors and great music are sure to motivate you in this 45 min. Creative Cardio Workout!! You won't want to miss out on this one!

Hatha Yoga... Practices the fundamentals of Yoga through stretching, strengthening and proper breathing. Leave class feeling renewed and relaxed!

Cycling... Is a non-impact cardiovascular workout. No pounding on the joints! You will train wearing a heart rate monitor that allows you to workout at your own intensity and heart rate level, ensuring a more effective workout. Please bring your own water bottle!

Just Dance... Come dance to today's hottest new music! Using a variety of genre including Jazz, Hip-Hop, R&B, Rock & Roll and Classical. This 45 min. class will begin with a cardio portion and end with strength and stretching.

Ready for a Challenge?

Turbo Step... Stuck in a rut? This 40 min. cardio workout is the ultimate challenge taking your training to a new level. Turbo Step will challenge your agility, speed, strength and endurance using various drills, stations, intervals & choreographed combos.

Power/Ashtanga Yoga... Uses dynamic breathing and a sequential order of poses to create an energetic, high heat workout.

Specialty Cycling Rides... Watch for periodic one-time specialty Cycling rides to test your indoor riding talents. For example, 3-hr. rides on a Saturday morning! Watch for details.

Water Classes

Beginner Level Water Exercise...

Aquacise...Low to medium intensity class great for toning and cardiovascular benefits. This class offers a fun, active, social environment for all ability levels.

Warm Water Yoga...Learn the basics of water yoga through gentle stretching, strengthening, breathing techniques and relaxation to gain flexibility. Water yoga is very therapeutic, promoting balance and energy. This class would be ideal for expecting women or people with arthritis. Swimming ability not required. (Held in Avera's Warm Water Therapy Pool)

Young at Heart...It's easy on the bones and food for mobility, flexibility, and toning. Class offers you the chance to meet your friends for refreshing fun. This class is for seniors. Swimming ability not required.

Ready for More?

Water Wake Up...Start your morning off right! For those of you who aren't afraid to get your hair wet. A medium to high intensity workout creating stronger hearts and well-toned bodies.

Wild Water Workout...Medium to high intensity class utilizing all the muscles, especially the heart. You will use noodles, hand bars, webbed gloves, steps, etc... for a little extra resistance in the water. Get wet & wild with this workout!

Water Volleyball...Volleyball is a water sport, too. Played in the deep end with a beach ball using a floatation belt or fins if needed. This class is intense, fun, and social!

Ready for a Challenge?

Aqua Power... Come make a splash with this high intensity workout! Water offers the perfect solution to cross training! Using just your body or a floatation device... you are guaranteed to get a great cardio workout in this 45 min. class!

Hydro-rider...(not available at this time) Welcome to the latest aquatic fitness trend...aqua cycling. The Hydro-rider is a unique aquatic indoor stationary bike, which allows you to pedal while immersed in the water, taking advantage of the added resistance of the water. There is nothing like it!

During Open Swim...

Water Basketball...Water basketball is a great and fun way to stay in shape! It is very similar to regular half-court basketball, but the water resistance makes it a low impact workout.

Check out some of our Specialty Classes...

Specialty classes are run by sessions and not included with your Y membership. See Members Services Desk for Registration dates and Fees.

Amped...(check the dates) Boot Camp "Amped" Up for men, but women are welcome!! See description of Boot Camp.

Am Boot Camp...(check the dates) Are you ready to get pushed out of your comfort zone? We're bringing Boot Camp indoors and adding an Insanity and P90X spin to it. Instructor will lead you through high intensity intervals of cardio and strength using your body weight and a variety of equipment.

PM Boot Camp...(check the dates) Intense intervals of functional movements, cardio exercises and strength exercises for the perfect total body workout, while incorporating sports specific drills, plyometrics, CrossFit and resistance training to improve power, strength and endurance!!

Water Boot Camp...(check the dates) We are taking Boot Camp to the water for more sweat and fun! Water workouts are energizing, easy on the joints and offer 12x more resistance than on land. This class will utilize dumbbells, noodles, cables, Hydro-rider bikes, Steps, etc., to give you an awesome total body workout in the water. Not a swimmer? No problem! We have floatation belts!

Kickboxing...(check the dates) High Energy kickboxing drills with high-intensity, fat-burning intervals of strength and conditioning. A great cardiovascular workout incorporating punches and kicks into non-stop combinations and boxing drills using boxing gloves, hitting mats, and free-standing heavy punching bags.

STOTT Pilates... (Runs year round) Whether you are working with a personal trainer, or in a small group, the aim of STOTT Pilates remains the same: using core strength, flexibility and endurance - without risking injury or building bulk. STOTT Pilates also helps restore the natural curves of the spine, relieve tension and enhance self-confidence. The result is a balanced and aligned body that looks fit... feels revitalized... and moves with ease. This class is ideal for all fitness levels from the person rehabbing, beginning exerciser, to the elite athlete. Check at Member Services Desk for session dates and registration info.

Taekwondo...(Runs year round) Will assist participants in gaining flexibility, strength and skill, while incorporating discipline and control into the workout. Students will learn martial arts techniques as well as self-defense maneuvers. Taekwondo is appropriate for youth in kindergarten through adult, regardless of previous skill or aerobic ability. This class runs continuous throughout the year, paying monthly.

Yoga Boot Camp...(check the dates) Is open to beginners and yet still contains a more advanced component to each pose for more experienced students. Instructors will help you eliminate stiffness, improve coordination, prevent injuries and release the accumulated emotional and physical tension that is stored in the body as a result of daily stress and strain. If you are looking for something a little different ~ a jump-start to your workout program or the start of a lifestyle change, this class is for you. See the results that your consistent efforts can bring!

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