

HEALTHY LIVING

Improving the nation's health & well-being.



Whether you're starting your fitness journey, trying to get back on track or have always made FITNESS a part of your day, we have a variety of classes to keep you motivated and excited to work out. Experience the support and encouragement that comes with working out with instructors and other members in a group setting.

Most fitness classes are **FREE** for members, however classes do have daily maximums and are filled on a first come, first served basis. **Please register ahead to ensure availability.** Classes are subject to cancellation if minimums are not met.

STRENGTH-CARDIO-CORE ACTIVE OLDER ADULTS

A cardio, strength & flexibility workout for the mature member.

BAR INTERVAL

A group strength class incorporating barbells.

BODYCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. 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.

BODYPUMP™

BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Burn up to 590 calories. You'll leave the class feeling challenged & motivated.

BOOMERS CARDIO CIRCUIT

A standing exercise class where Boomers, 55 or better, tone using cables and hand weights to strengthen, as well as sticks and small balls for hand dexterity. Up-beat music, with a great cardio workout.

CORE DE FORCE™

KICKBOXING and MUAY THAI in 3-minute rounds – CORE DE FORCE workouts are broken into 3-minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations. Bodyweight moves with a fat-blasting cardio spike in every round.

CORE & SCULPTING

A class that's more than just abs. Using a variety of equipment to strengthen your chest, back, abs & hip, using body weight, hand weights, resistance cables, stability balls & medicine balls.

CORE FUSION

Build full body strength focusing on the core muscle groups, using resistance bands.

COREFLOW

Short & to the point, this core is sure to fire up your core from all sides. Work your core from the front, back, and side.

DOUBLE STEP

60 minutes of step cardio using 2 steps.

EXTREME INTERVAL STEP

This step class challenges cardio endurance with varying intervals.

FREE WEIGHTS

Upper body toning using dumbbells, bands & balls

GUTTS-N-BUTTS

An intense workout to strengthen & define your abs, legs & glutes!

HIIT

An intense class designed to strengthen & define your abs, legs & glutes!

INSANITY® LIVE (not for the beginner)

An intense cardio & calisthenics workout uses no equipment. Participants will perform long bursts of maximum intensity exercises with short periods of rest alternating between anaerobic and aerobic intervals.

KICKBOXING

A kickboxing class using the upright bags, with punching and kicking drills. Core work and stretching completes the class.

MATURE MUSCLES

For those 55 or better who are looking for an energetic workout that engages both mind and body. This class uses hand weights and cables for toning and stability balls for core strength. Fun music brings the group through one hour of cardio and toning.

MATURE MUSCLES: LIGHT TONING AND BALANCE

Keep your entire body toned & fit in this energizing class. Challenging balance exercises will keep you on your toes.

METABOLIC MELTDOWN

Cardio & weight lifting intervals, body burning fat & building muscle, using dumbbells, medicine balls, weighted bars, steps, bosu ball and bands.

P90X® LIVE (not for the beginner)

Short training cycles will constantly challenge muscles with variety and intensity. P90X Live combines resistance, plyometrics, and cardio style workouts, known as muscle confusion. Never plateau your workout.

PILOXING®

A surprising blend of Pilates and boxing that will capture your interest and transform your body.

SILVER SNEAKERS® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength using hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SINGLE STEP-BAR INTERVAL

Full body toning using body bars mixed with cardio on the step.

STEP

All step classes are multi-level to appeal to everyone. Classes are taught by experienced energetic instructors.

STEP CARDIO

Using the step, you'll move your way through several choreographed combinations that will give your heart the cardio boost it needs to stay healthy & happy. Class complexity & intensity varies.

Visit ymcaracine.org/schedules for Group Fitness schedules or stop by Welcome Center.

GROUP FITNESS

STRENGTH-CARDIO-CORE CONTINUED: STEP INTERVAL

Using the step, this energetic class will guide you to a mix of aerobic step movements combining dynamic weight training while maintaining coordination on or off (optional) your step. Great for all levels.

STRENGTH TRAINING

Improving muscular strength by gradually increasing resistance through the use of free weights and body weight. Strength training is designed to impose increasingly greater resistance, stimulating muscle strength to meet the added demand.

TABATA HIIT

An intense workout that will take you thru Tabata Drills (20 sec) using the HIIT (high intensity interval training) concepts.

TONING

Using stability balls, hand weights and resistance cables to tone and sculpt a healthy body.

WERQ

Fiercely fun dance fitness class based on pop, rock, and hip hop music.

ZUMBA®

Zumba is a Latin dance-based fitness class. Salsa and merengue your way to a healthy, fit body.

ZUMBA® TONING

Zumba Toning will target the abs, thighs, arms and other muscles throughout the body with the use of toning sticks or light hand held weights.

STRONG BY ZUMBA®

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

CYCLING

INDOOR CYCLING

An intense cardio workout in our indoor cycling class. Every workout is designed to challenge all fitness levels. **Pick up your cycle pass at the Welcome Center Desk. Class is first come first served.**

INDOOR CYCLING 30

A 30 minute Indoor cycling class, great for beginners and seniors.

MIND-BODY BODY FUSION

Total body workout with free weights, band & balls.

PILATES

Pilates classes are performed on a mat. All exercises are zero impact and easy on the joints, strengthening the core muscles and gently increases flexibility. Instructors help modify exercises to accommodate all levels.

PILATES STRETCH

A combination of Yoga and Pilates, giving you a great workout with both workouts in one.

SILVER SNEAKERS® YOGA

A series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

YOGA

Rest & relax in this class using stress relieving techniques along with yoga asanas.

MIND-BODY CONTINUED: YOGA - CHAIR VINYANSA

Enjoy the benefits from Yoga seated in a chair. Working on leg strength, range of motion in shoulders & hips, both static & dynamic balance, core strength, stamina & flexibility.

YOGA - GENTLE HATHA

Slow & gentle paced, concentrating on physical health & mental well being. Hatha yoga uses bodily postures & breathing techniques, with the goal of promoting balance & flexibility while bringing about a sound, healthy body & clear, peaceful mind.

YOGA - HOT VINYASA (was Hot Yoga)

Is vinyasa-style flow that is hot & sweaty, performed in a warm room because heat is purifying, cleansing & healing. Gain strength, flexibility & balance -intermediate flow. Added warmth prepares muscles & connective tissue for deeper stretches & facilitates perspiration which serves to cleanse the mind & body.

YOGA - VINYASA FLOW

Traditional yoga, flowing from one posture to another, including pose holds and deep stretches. All levels welcome.

YOGA - VINYASA

Fun, engaging class including sun salutations, standing poses, balancing postures, seated & reclining poses, all while connecting each pose to the breath. Modifications are explained for all postures to suit the needs of all ages & skill levels.

WATER EXERCISE AQUACISE

Reduce the stress on your joints with a great cardio & resistance workout using noodles and buoys to tone and sculpt muscles.

AQUA BOOT CAMP

Combines core strengthening, muscle toning, flexibility, & cardio exercises, using the unique buoyancy, resistance & movement of water.

AQUA ROBICS

Aerobic exercises, dance movements, cardio conditioning, body isolations with the results being total body conditioning.

AQUA SPLASH

Fun, shallow waters exercises to improve agility, flexibility, and cardio endurance. No swimming skills required. You will use buoys, noodles & a special kickboard to develop strength, balance and coordination.

DEEP WATER FITNESS

NO SWIMMING SKILLS NEED for this fun aqua class. Using floatation belts (optional and provided), participants will work out in zero-impact suspension in the large pool at own fitness level whether staying active, working aerobically, core strengthening or toning.

GOLDEN WAVES FUNCTIONAL WATER TRAINING

Build stability of the core muscles in various ways, using exercise equipment in the water that strengthens & challenges the muscles.

RIP TIDE

A challenging high energy water fitness class with music from all genres. Aqua tabata is incorporated into the class.

WATER WORKS

High impact class moving to the beat of the music with cardiovascular fitness, coordination, flexibility and range of motion.

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