

FREE - Group Exercise Classes for Members

Classes are suitable for beginners to advanced exercisers unless stated otherwise in the class description. The Health and Wellness Staff recommends you speak with the instructor before or after class if you are a beginner or have limitations.

Absolutely Abs

Stability ball class that is designed to improve core strength and balance.

Body Solid

High energy class for muscle strength and definition. Class primarily consists of bodybars, but may include some dumbbell exercises. Whether you are a beginner or advanced, this class will work for you!

Boot Camp

High intensity circuit style class with lots of energy! Improve your cardiovascular endurance, muscle strength and muscle endurance.

Cardio Fusion

This class combines high energy with motivating music, unique moves and combinations that allows participants to dance away their worries. Class is taught with mainly nonverbal cues to allow us to crank up the music! Fun, different, easy and effective. Anyone can do it!

Step Aerobics

Step into a terrific cardiovascular aerobic class that incorporates a step for variety and easy to follow choreography, followed by a muscle conditioning segment and full body stretch. Appropriate for beginners and intermediate participants.

Step & Strength

A total body conditioning class to tone and strengthen with cardio intervals using basic step moves.

Super Circuit

Toning and sculpting class utilizing a variety of fitness equipment. A great class to try new equipment and to change up your fitness routine.

Super Saturday

This class is worth waiting for until the weekend! Instructors' format can vary from kickboxing, to step, to circuit training and more!

Totally Toned

An intense energy -filled workout composed of toning exercises using bands, dumbbells, Bodybars and more. Intervals of cardio exercises will be added to complete the challenge.

Drums Alive! NEW

A new class that you will want to check out. Class combines traditional aerobic movements with the powerful beat of rhythms and drums (or your stability ball and drumsticks) Not only is this workout for the entire body, but also for the mind and spirits too.

Exercise Warriors

You worked hard to increase your cardiovascular endurance and fitness levels; let's keep it that way! A higher intensity class that will include cardio, strength, balance and flexibility training. Appropriate for intermediate to advanced exercisers. 4 weeks only. Mondays March 30-April 20

Cardio Progression

Class is designed to slowly increase your cardiovascular endurance by including intervals that will increase each week. The physical benefits include: Improved blood cholesterol levels, improved heart function, reduced risk of osteoporosis, and reduced risk of heart disease. This class is appropriate for beginners. 8 weeks only. Mondays February 2-March 23

Core Movement

No equipment, just you and the music to tone your core with dancing and cardio movements. Get ready to move!

35/20

Two classes combined equals twice the fun. 35 minutes will be dedicated to improve cardiovascular endurance and 20 minutes absolutely abs.

Fitness 101

Designed for those new to exercise. See description and times on this page under "Fitness 101".

**PICK UP YOUR GROUP EXERCISE SCHEDULE AT THE
WELCOME CENTER OR FIND A COMPLETE
SCHEDULE ON OUR WEBSITE
www.ymcaofdodgecounty.org**