



## YMCA of Washington County – Group Fitness Classes

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- Fitness class levels:
- 1) Low intensity and/or low impact
  - 2) Moderate intensity and/or moderate impact
  - 3) High intensity and/or high impact

### **Quick SPIN & SPIN CYCLING (2-3) (Kalona, Washington & Wellman)**

Experience the addicting effects of group cycling. Ride to the rhythm of powerful music while you take on the terrain and go the distance. Your inspiring coach will lead you through a workout that will leave you wanting to come back for more! You take it to your fitness level. Calories “burn up” in these awesome 30 or 60 minute cardio classes!

### **SPINTERVAL (3) (Kalona)**

Intense cardio intervals on the spin bikes (indoor cycling) combined with strength training circuits that utilize various equipment such as dumbbells, medicine balls, and bands. This is a fun, fast-paced way to get the most out of your Friday morning workout. (45 minutes)

### **BOOT CAMP (2-3) (Kalona & Washington)**

Challenge brings change! Improve your fitness level as you shape your body in this positive and motivating group training. Different workouts every session keep your body guessing while building lean muscle and improving your endurance.

### **POWER PUMP (1-3) (Kalona & Washington)**

Challenge all your major muscle groups in 60 minutes, using barbells and dumbbells. Great music, motivating instructors and your choice of weight will inspire you to get the results you came for. Define your muscles, shape your body and burn calories!

### **BODY FIT (2-3) (Washington & Wellman)**

This class combines strength training and cardio in a HIIT format to burn fat and increase lean muscle mass. A variety of workouts will keep your metabolism on fire! Change your body shape and improve your fitness level!

### **BODY SCULPT (1-3) (Washington & Wellman)**

Sculpt your physique with this challenging whole body strength class. Create definition and shape your body! Choice of weight levels to accommodate all fitness levels.

### **TBC – Total Body Conditioning (2-3) (Kalona, Washington & Wellman)**

Improve your overall strength and boost your cardiovascular capability. Workouts are a combination of athletic intervals that utilize weight variety to keep your heart rate up and your body in motion! Become more athletic as you perform exercises tailored to all aspects of total body fitness.

### **POWER BOX (2-3) (Washington)**

This class is designed to work on both SPEED and POWER, while always focusing on proper form. It is based on segments of strength training with heavier weights/lower reps. and cardio rounds of boxing drills. This workout will torch calories, while building a stronger body.

### **TEEN EXTREME (1-2) (Washington)**

Teens looking to improve their speed, vertical leap and overall conditioning will love this workout! It's always more fun to train with your friends to give a little more and do a little better. Lots of fun drills and team work.

### **SENIOR FIT (1) (Kalona, Washington & Wellman)**

Join a community of seniors and older adults for a total body workout appropriate for all levels. Class is designed to increase balance, flexibility/ range of motion and coordination to better execute daily functional activities.

### **CORE & MORE (2-3) (Kalona & Wellman)**

**(Previously known as BUTTS N GUTTS)**

Focusing on everything below the WAIST, this class will work your legs, glutes, abs and back to make you stronger and leaner. Low impact exercises utilizes free weights, bands, balls, discs and body weight to get you results.

### **YOGA (1-3) (Kalona, Washington & Wellman)**

Designed to teach basic yoga postures that enhance flexibility, strength, balance and promote relaxation. Creating a strong, streamlined body, leaving you feeling taller, leaner and with a strong sense of health and well-being.

### **CARDIO BLAST (1-3) (Kalona)**

A total body workout designed for individuals of all fitness levels. Various cardio techniques and circuit style training will be used to improve cardiovascular health and endurance as well as build strength.

### **FLOOR BARRE (1-2) (Kalona)**

A barre class without an actual barre. We will use various equipment to pulse, squeeze, lengthen, and tone. See how this dynamic and progressive method of training enhances strength, flexibility, and balance.

### **CORE & PLYO (2-3) (Washington)**

Build power, speed, strength during this intense work out. Plyometrics, also known as jump training, will leave you feeling exhaustedly amazing. This class will also incorporate core training for an overall benefit.

### **POUND (1-3) (Kalona & Wellman)**

POUND is a cardio workout that is inspired by drumming. All ages and all stages are welcome! Instead of listening to music, you BECOME the music in this exhilarating, full body workout that combines cardio, conditioning and strength training with yoga & pilates-inspired movement.

**All group fitness classes are FREE to members!!**