

CLC YMCA Group Exercise Classes

(the following classes are included in Group Exercise Monthly fees)

Spinning/Stepping/Strong ~ M/W/F 5:45-6:45am. If you're a morning person then this class is for you! Instructor Mary Snow takes her participants through a tough workout spinning, step aerobics and weight training.

Fit for Life ~ M/W/F 8-9am is a class that combines low-impact cardio, gentle weight training, using bands, balls and even the spinning bikes. Class offers balance and relaxation for anyone seeking a gentle but thorough workout: older adults, pregnant women, and people with chronic stiffness or those just starting out with their fitness regimen.

Total Workout Intervals ~ T/Th 9:15-10:30am This class kicks it up a notch with a high impact cardio using bands, balls, weights and spinning bikes!

Mat Pilates ~ T/Th 8-9am. Cynthia teaches the class, it is one of our most popular classes. Pilate's class includes standing exercises, mat work; they use balls, weights and much more! The class is appropriate for beginners as well as the seasoned athlete.

Core & More ~ T/Th 5-6pm. finish your day with a complete work out. Robin starts with low impact aerobics and then works you into a great weight lifting and stretching work out. She uses traditional weight training moves to Pilates. This a great class for variety.

Y Boot Camp ~ M/W/F 4-5pm A challenging workout to maximize your power & strength, improve your agility, quickness and overall endurance through a series of drills. This class will get you into shape!

Straight-up Strength ~ M/W/F 12-1pm 15 minutes of Cardio with 45 minutes of weight training. This class is for all levels of fitness, you can go at your own pace.

Have you tried a Spinning Class at the Y!

Why we our members love it: Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles like nobody's business! Although you follow the general instructions of the spinning teacher, you are in control when it comes to your pace. You can finish a spin class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike.

Spinning 101 ~ T/Th 7-7:30am

Cy-Yo Spinning ~ T/Th 5:45-6:45am

Lunch Crunch Spinning ~ T/Th 12:30-1:30pm

Indoor Cycling ~ M/W 5:30-6:30pm

Spinning with Mary ~ Saturday 8-8:45am

Speed Walking/Cardio/Core Strengthening Program

This program is for all fitness levels. Program allows individuals to go at their own pace with the opportunity to challenge themselves to build core muscles and strength.

With music and an instructor to track your progress you can have fun and get the exercise you need to stay healthy through these cold winter months!

Monday, Wednesday, Friday 8:00-9:30am

Cardio Tennis

This class is an aerobic workout but the best part is that you are hitting balls, playing games and having fun. Monday 12:30-1:30, Tuesday 4-5pm, Thursday 7-8am & 12:30-1:30pm .

(Members \$8 Nonmembers \$15)