



CLC YMCA GROUP EXERCISE CLASS DESCRIPTIONS

FMI: Lauren Ober, Director of Health & Wellness, lober@clcymca.org

CARDIO TENNIS (All Levels)

Play, run and laugh with music and tennis games. A tennis pro will guide you and make sure you feel the burn.

CYCLING (All Levels)

Experience an excellent cardiovascular workout as you pedal through hill sprints and many other challenging drills on our indoor cycling bikes.

HEAVY WEIGHT TRAINING (Int-Adv)

A mix of challenging free weights combined with intervals of bodyweight cardio movements. Sandbags, heavy dumbbells, kettlebells and bars are utilized during this class.

HIIT (All Levels)

Get fit fast! This high-intensity interval training class combines calisthenics, plyometrics, and bodyweight exercises in cardio intervals. You'll do exercises in timed bursts with short recovery periods. The goal is to reach an anaerobic state, increasing metabolism for 24–72 hours after the workout.

KETTLEBELLS (All Levels)

Join us for a kettlebell workout that burns fat, builds muscle, and increases strength and stamina. Kettlebells uses dynamic moves targeting almost every aspect of fitness—endurance, strength, balance, agility, and cardio endurance.

LIVING FIT (All levels)

Combine elements of fitness with a total body workout for active older adults using free weights, kettlebells, bands, and balls. The instructor will emphasize work on your core, form, and posture.

MOBILITY & BALANCE (All levels)

Manage pain and prevent injury with this class designed to improve joint mobility, range of motion, balance and flexibility. Adaptable

techniques to meet the needs of all age groups & ability levels.

PILATES (All levels)

Work on proper alignment, control, precision, centering, concentration, breathing, and movement. Strengthen your “core”—abdominals, pelvis, back, shoulders, and buttocks to tone your body.

PIYO (All levels)

Tone your muscles through a combination of yoga and Pilates. You'll focus on strength, flexibility, alignment, precision, centering, concentration, and breathing.

REST & RECOVERY (All levels)

Restore your body as you use foam rollers and straps to stretch. This class helps you alleviate muscle soreness and improve flexibility.

STRENGTH & CARDIO (All levels)

Get a total-body, heart-pumping workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your head.

STRENGTH TRAINING (Int-Adv)

Get energized for the day with this high-intensity, full-body workout! Using a mixture of bodyweight, kettlebells and free weight exercises, you need to bring your all!

TABATA STRENGTH (Int-Adv)

Using a variety of exercises and methods for this training, you'll be targeting major muscle groups for a whole-body workout. Tabata will make you lean and strong through short bursts of peak effort using the 2:1 work/rest ratio.

TOTAL BODY CHALLENGE (Int-Adv)

Focus on balance, coordination, and cardiovascular endurance with this full-body workout. Challenge yourself with cycling, interval training, weights, body weight resistance moves, and track workouts.

YOGA (All levels)

You'll match physical postures with inhales and exhales, creating a steady rhythm. Deepen your practice both mentally and physically with this fluid class, building on strength, flexibility, and transitions.