



CLC YMCA GROUP EXERCISE CLASS DESCRIPTIONS AUGUST 2025

CYCLING (All Levels)

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

CYCLING & CORE (All Levels)

Experience an excellent cardiovascular workout as you pedal through hill sprints and many other challenging drills on our indoor cycling bikes. Ends with a core challenge!

FIT PICKLE (All Levels)

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

FLEX & STRETCH (All Levels)

This 45-minute class is a low impact, full body workout that combines elements of Yoga, Tai Chi, and Pilates to enhance flexibility, mobility, strength, and mental well-being.

HATHA YOGA (All Levels)

A great opportunity for all to discover yoga and deepen your practice. Emphasizing proper form and learning modifications to meet you at your own level.

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.

LEGS & CORE GALORE (All Levels)

Get an intensive lower body workout using kettlebells, dumbbells, barbells with the step or BOSU. Quad/Glutes/Hamstring targeting for 30 minutes with 15 minutes to hit the abs.

LIVING FIT (All levels)

Combine elements of fitness with a total body workout for active older adults using free weights. The instructor will emphasize work on your core, form, and posture. Get ready to sweat!

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.

STRENGTH & CORE (All Levels)

Get fit fast! A full body workout designed to challenge you at your fitness level. Utilizes weights and ends with core!

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.

VINYASA YOGA (All levels)

Classic Vinyasa class structured around moving with breath. Find ease of movement through poses focused on balance, mobility, and strength.

ZUMBA (All levels)

Even if you haven't danced in years, Zumba will get you out on the floor. This wildly popular Latin-inspired class combines all fitness elements – cardio, muscle conditioning, balance, flexibility, and boosted energy. With high-energy music and synchronized dance movements.

OUR INSTRUCTORS:

Becky – Total Body Challenge
Carol – Hatha & Vinyasa
Casey – Cycling & Core/HiIT
Cynthia – Pilates/Cycling/Strength/Legs & Core
Ejaye – Zumba/Flex & Stretch
Hannah – Total Body Challenge
Justine – Yoga Hatha & Vinyasa
Kristie – Cycling
Melissa – Tabata
Oliver – Yoga Hatha & Vinyasa/Strength & Core
Robin – Living Fit/Enhanced Fitness
Tayna – PiYo
Teresa – Boxing and Strength
Georgia – Fit Pickle