

Active Older Adults

Strengthen muscles and increase range of movement in a fun social environment that includes cardio and toning.

Arthritis Aquatics

Water exercises designed to improve joint flexibility and relieve pain and stiffness. It is not necessary to know how to swim.

Barre

Full body toning for all fitness levels that fuses yoga, pilates, strength training, and ballet targeting specific muscles and improving flexibility.

Dance 2 Fit

Dance 2 Fit uses hip hop music to create an aggressive but rewarding full body workout to burn calories and tone- enjoy at your own pace.

Forever Fit

A low impact class in a fun social environment to work on upper and lower body strength, balance, and flexibility. Increase your range of movement for daily life- 50 years of age and older.

Group Cycling

Build your endurance, strength, and heart health as you experience bursts of speed and recovery periods on a stationary bike.

HIIT

HIIT stands for High Intensity Interval Training! It combines agility and cross training along with weight lifting to keep the calories burning even after class. Modify for your level and experience. Each class is different

Kids Yoga Workshop Ages 5-6

Simple & fun introduction to yoga for kids ages 5 & 6.

Kids Yoga Workshop Ages 7-9

Simple & fun introduction to yoga for kids ages 7-9

LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

Max Interval Training

Hi Lo interval training fast paced for the early bird!



POUND is a 60 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix™, participants can expect to burn between 500-900 calories per class and will be performing over 15,000 reps per session!

Sweat

This class focuses on endurance strength training using a combination of free weights, resistance bands, barbells, and more to target different muscle groups in each class.

Tabata

High intensity/short duration cardio and strength class. Each class uses a variety of equipment and exercises

TRX Suspension Training

TRX Suspension Training makes gravity your resistance using training straps so adjusting the level of difficulty is as easy as moving your hands or feet and progression is limitless. Great for strength and balance.

Turn Up Fitness

Full body cardio workout using aerobic dance to tone body and burn calories.



High-energy fitness class with a combination of athletic movements and strength exercises.



High-energy fitness class with a combination of athletic movements and strength exercises.



Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.



Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

Water Walking

Water walking is all about moving in the water using the water as your resistance. This class can be as easy or as hard as you make it!

Yoga

Improve flexibility practicing various physical postures, breathing techniques, and sometimes meditation to promote physical and emotional well being.

Zumba Tone

Aerobic Latin inspired dance class with a touch of hip hop and various toning exercises included.



Hopkins County Family YMCA Group
Fitness Schedule