

Fitness Class Times and Descriptions

AB ATTACK - Challenge yourself to this rewarding workout guaranteed to tighten and tone your abdominal muscles.

15 minute class

BALLET TONE - A toning and conditioning class suitable for all levels and ages, using modified ballet movements to help improve body awareness and increase your overall fitness. Work towards leaner, longer muscles. Great for dance and pilate participants. No dance experience necessary.

1 Hour class

BODY SHOCK - A total body workout. Strengthen your muscles with intervals of step, power moves, and body sculpting. Receive a total body workout while toning the entire body.

1 hour, 15 minute class

BOOT CAMP - Drills and more drills! This military style total body workout incorporates cardiovascular, endurance, and strength training.

5:45am - 1 Hour, 15 minute

9:15am, 6:00pm - 1 Hour class

BUTTS & GUTS - This class specifically focuses on the abdominal and glute muscles.

30 minute class

CARDIO BLAST - Get a great cardiovascular workout with floor aerobics consisting of low, intermediate, and high combinations. Class ends with body sculpting, abdominal work and a relaxing stretch.

1 Hour class

CARDIO CHALLENGE - For the die-hard aerobic in everyone- cross-train with high/low, kickboxing, weight training, and sports moves. This energizing class is a great fat-burner!

1 Hour class



- Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic moves such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

1 Hour

HIP HOP - Move to the beat with different dance patterns. Get a great workout and have fun while doing it!

9:15am - 45 minute class

7:00pm - 1 Hour class

KICKBOXING - Sweat your stress away with various kicks and punches using kickboxing bags. This class will have you doing moves using muscles you never knew you had.

1 Hour class

LOW IMPACT - Get a great cardiovascular workout with floor aerobics consisting of low impact moves. Class ends with body sculpting, abdominal work and a relaxing stretch.

1 Hour class

PILATES - Conditioning class that improves muscle control, flexibility, coordination and strength. Pilates concentrates on alignment, lengthening all of the muscles in the body.

1 Hour class

PILATES - FLEX - This exercise class combines light aerobics, body conditioning, flexibility and balance exercises. Great for all levels.

45 minute class

RESIST-A-BALL - The dynamic nature of the resist-a-ball improves strength, balance and flexibility while focusing on body awareness.

30 Minute class

Silver Sneakers® - Strength and range of motion benefits are the focus of this creative multi-level conditioning exercise program. Includes choreography with hand-held weights, elastic tubing and balls for a complete, fun and safe workout.

45 Minute class

SENIOR SHAPE UP - non-impact aerobic class designed specifically for the active older adult. This class uses weights and bands and ends with a relaxing stretch.

45 Minute class

YOGA - Explore the mind-body connection by learning how to focus, relax and improve circulation.

7:00pm - 1 Hour, 15 minute class

12:00pm - 1 Hour class

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.