

Unless otherwise posted, all group-exercise classes are open to individuals age 12 and above.

TABATA

A style of high intensity interval training. This is the ultimate cardio and strength workout for participants registered in the 8-week boot-camp program. Age 16+. 45 min.

MEN'S CORE

Focus on the muscles that will help you to improve your overall core strength, posture, and stabilization while decreasing back pain. Participants will also work on balance training and do stretching exercises. 45 min.

CARDIO CORE

A core workout combined with simple cardio combinations choreographed to music. 45 min.

TOTAL BODY CONDITIONING

Focus on total body muscular strength and conditioning combined with cardio intervals. Come prepared for a challenge. 60 min.

YOGA

Suitable for all levels, learn the basic postures and breathing techniques while enhancing both your physical and mental wellness. 60 min.

PILATES

Improve physical strength and flexibility and develop control and endurance. This class will focus on alignment, breathing, and developing a strong core. 45 min

CYCLING

Blended format class featuring indoor cycling. This cardio- focused class will elevate the heartrate and improve endurance. 60 min.

ZUMBA

A Latin dance inspired fitness session. Routines feature a combination of fast and slow rhythms that keep you moving to the beat. 60 min.

AQUA POWER

Get your heart pumping and increase your muscular strength with this cardiovascular workout.

INTENSE AQUA

A high-intensity class that emphasizes strength and endurance using resistance training. Water dumbbells, boards, and pool noodles are used to improve aerobic capacity, core strength, and muscle tone. 60 min.

BOOTCAMP

A high-intensity advanced cardio and strength challenge. Utilizes a variety of training equipment and styles to work the major muscle groups, core and cardiorespiratory system. 45 min.

CORE DE FORCE

This class will focus on your core through the combination of fat burning interval training and fundamentals of mixed martial arts. 45 min

SILVER SNEAKERS YOGA

This class offers a complete series of seated and standing yoga poses with or without chair support. You will increase flexibility, balance and range of movement. 45 min.

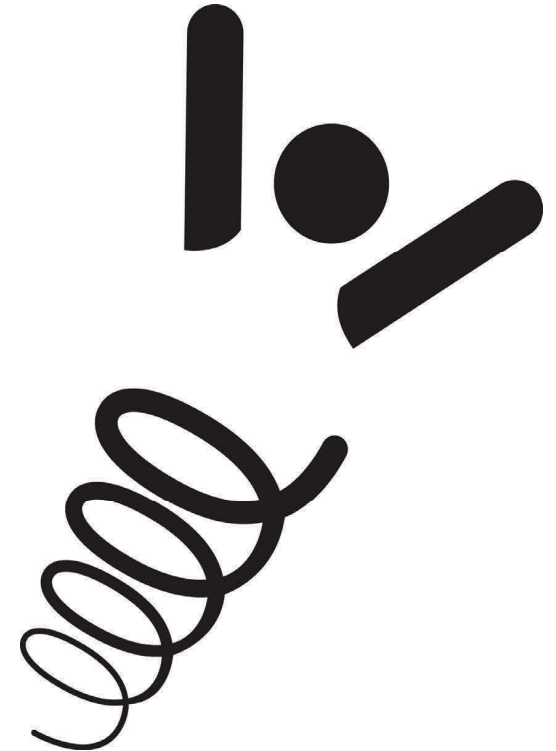
SILVER SNEAKERS CLASSIC

Classic offers a variety of exercises designed to increase muscle strength, range of movement and activities for daily living and is suitable for all skill levels. 60 min.

SILVER SNEAKERS SPLASH

A fun, shallow-water exercise class suitable for all skill levels and is safe for non-swimmers. 45 min.

GROUP EXERCISE SCHEDULE SESSION 1



**Brown County Community YMCA
812.988.9622**