

Fitness schedules available at each Branch 2 weeks prior to each session. www.ymcadanecounty.org

YADULT

**20-20-20
East/Northeast/West**

Aerobics based class that introduces a new type of exercise every 20 minutes. This may include step, bosu, Zumba, hi-lo, kickboxing, body sculpting, Pilates, Drums Alive® or yoga.

**Bosu Blast
Northeast**

This is a combination cardio and strength class using a Bosu trainer (inflated dome). High energy workout that also improves coordination, balance, agility, postural alignment and strength while you are working your heart.

**Cardio Boot Camp
East/Northeast/West**

Add variety to your routine with this high intensity cross training workout. Includes strength, cardio, interval circuits, agility training, and more.

**Crunch Express
East/Northeast/West**

Strengthen your abs, back, hips, thighs, and buttocks utilizing equipment such as bands, balls, and weights. Aerobics not included.

**DanceStrength
Northeast**

Dance inspired workout using principles from fitness, ballet, and pilates that will strengthen and lengthen your whole body. Apply the concept of mindful movement while doing standing strength and flexibility exercises that will leave no muscle untouched. No dance experience necessary!

**NEW! Drums Alive®
East/Northeast/West**

Improve your physical and mental fitness as you get your feet stomping and body moving through music and rhythm while you beat drumsticks on stability balls.

**Get Up and Go!
East/Northeast**

Early morning workout with a mix of cardio formats. Class might include step, bootcamp, skills and drills, hi/lo, and more.

**Hip Hop Cardio Dance
West**

Get your groove on while working out to music. If you love to dance, try this easy to follow, fun filled, low impact routine.

**Hi/Lo Aerobics
East/Northeast**

Easy to follow cardiovascular workout for all fitness levels.

**Power Pump
East/Northeast/West**

High energy lifting class to music. Barbells with plates, dumbbells and bands are used to sculpt the body. .

All fitness classes open to members 13 and older.

**Run Club
West**

Run Club is a fun way to meet other runners, challenge your self and have fun while counting the miles. Enjoy various running methods while running different routes in proximity to the YMCA with other members and YMCA staff.

**Strength Fusion
East/Northeast/West**

Sculpting your body with an emphasis on strength, balance, and functional training. May include use of stability balls, weights, and tubing.

**Step Aerobics
East/West**

A fun, cardiovascular workout which utilizes an adjustable step.

**TurboKick
East/Northeast/West**

An addictive workout that combines cardio kickboxing, sports drills, and simple dance moves in a party atmosphere.

**Walking Club
East/Northeast**

Tired of walking alone? Enjoy walking with others as we start our own YMCA Walking Club. If you are interested in weekly walks, monthly hikes, and attending local charity walks as a group, contact Linda Tschillard at the East YMCA 221-1571.

**Zumba
East/Northeast/West**

ZUMBA is a fusion of Latin, Hip Hop, and International music - dance themes that create a dynamic, exciting, effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps.

WATER FITNESS CLASSES

**NEW! Aqua Zumba
West**

Join us for a "pool party" workout. Water-based movements that adhere to the Zumba fusion of Latin/Hip Hop and international music.

**Deep Water Workout
East/Northeast**

Exercise against the resistance of water for an outstanding aerobic workout. Flotation belts provided. Non-swimmers welcome! West Open Deep Water Workouts are self-directed. East & Northeast Deep Water Workout is instructed.

**Open Water Walking
Northeast**

Walking in all depths of the pool, using the water as resistance for a great aerobic workout. Flotation belts provided. Non-swimmers welcome. Open water walking workouts are self-directed.

**Water Aerobics
East/Northeast/West**

High-energy, low-impact workout for all fitness levels. Non-swimmers welcome!