



# YMCA of Washington County

## Kalona Fitness Classes

### **BOOTCAMP**

Your cardiovascular and muscular fitness will be challenged in this class which incorporates calisthenics, free weights, plyometrics, and an assortment of equipment for a variety of exercises in each session. **(60 min)**

### **BUTTS N' GUTS**

Train and tighten all regions of the lower body and core with this toning class. Workout will focus on the abs, glutes, legs, and lower back using light weights and body resistance. **(30 min)**

### **CARDIO BLAST**

A total body workout designed for individuals of all fitness levels. Various cardio techniques and circuit style training will be used to improve cardiovascular health and endurance as well as build strength. **(30 minutes)**

### **FLOOR BARRE**

A barre class without an actual barre. We will use various equipment to pulse, squeeze, lengthen, and tone. See how this dynamic and progressive method of training enhances strength, flexibility, and balance. **(45 minutes)**

### **POWER PUMP**

Barbell class that will tone, sculpt, and strengthen your entire body, fast! This class challenges all of your major muscle groups while you squat, press, lift, and curl. **(30 min)**

### **SENIOR FITNESS**

An exercise class designed for seniors and individuals with limited mobility. This class will include a combination of strength training, yoga, balance, flexibility, and cardio and is important for seniors who are trying to achieve optimal health benefits. Exercises are performed both seated and standing and can be modified if needed. **(30 minutes)**

### **SPIN**

Indoor cycling is a no impact, calorie burning activity that imitates outdoor cycling. Members ride as a group but decide their own intensity by choosing settings on their individual bike. For your first class, please arrive 10-15 minutes early for the instructor to help you adjust your bike correctly. **(30 and 45 minute classes available)**

### **SPINTERVAL**

Intense cardio intervals on the spin bikes (indoor cycling) combined with strength training circuits that utilize various equipment such as dumbbells, medicine balls, and bands. This is a fun, fast-paced way to get the most out of your Friday morning workout. **(45 minutes)**

### **TOTAL BODY CONDITIONING (TBC)**

Break through those plateaus with a full body workout that keeps your body guessing. Each class will be designed differently with a mixture of cardio and weight training utilizing a variety of equipment. Core segments are added to each class for optimal results. **(30 minutes)**