



FITNESS CLASS LEVELS:

- 1) Low intensity and/ or low impact
- 2) Moderate intensity and/ or moderate impact
- 3) High intensity and/ or high impact

YMCA OF WASHINGTON COUNTY – GROUP FITNESS CLASSES

POWER PUMP (1-3)

Challenge all your major muscle groups in 60 minutes, using barbells and dumbbells. Great music, motivating instructors and your choice of weight will inspire you to get the results you came for. Define your muscles, shape your body and burn calories!

SPIN CYCLING (2-3)

Experience the addicting effects of group cycling. Ride to the rhythm of powerful music while you take on the terrain and go the distance. Your inspiring coach will lead you through a workout that will leave you wanting to come back for more! You take it to your fitness level. Calories “burn up” in this awesome 60 minute cardio class!!

SPIN-STRONG (2-3)

This class is a great combination of cardio and strength. 30 minutes of spin cycling, followed by 30 minutes of strength training using a variety of different resistance tools. If you like variety, this is the class for you!

BOOT CAMP (2-3) Challenge brings change! Improve your fitness level as you shape your body in a positive and motivating group training. Different workouts every session keep your body guessing and improving your fitness level.

BODY FIT (2-3)

Change your body shape and improve your fitness level. This class combines strength training and cardio in a HIIT format to burn fat and increase muscle mass. A variety of workouts each month will keep your metabolism on fire!

TBC – Total Body Conditioning (2-3)

Improve your overall strength and boost you’re your cardiovascular capability. Workouts are a combination of athletic intervals that utilize weight variety to keep your heart rate up and your body in motion! Become more athletic as you perform exercise tailored to all aspects of total body fitness.

BODY SCULPT (1-3)

Sculpt your physique with this challenging whole body strength class. Create definition and shape our body. Choice of weight levels to accommodate all fitness levels.

AMP- Aerobic Metabolic Power (2-3)

Burn calories all day with AMP! Sets of cardio, multi-muscle strength and core exercises will get your metabolism burning. This class will strengthen your muscles, define your shape and improve your cardio vascular fitness level.

GYM ROOKIES (1-2)

This class is for anyone wanting to get started! Learn the basics to building strength and endurance. Enjoy the benefits of working in a comfortable and welcoming atmosphere.

MET/CON – Metabolic Conditioning (2-3)

Combine dynamic strength training and high intensity cardiovascular work to stimulate your metabolism and torch calories, during and hours after the workout!

SENIOR FITNESS (1)

Cardio and strength training designed for seniors. Improve your range of motion, functional strength, balance and overall well-being. This class will help you complete your daily activities with energy and ease.

ALL GROUP FITNESS CLASSES ARE FREE TO MEMBERS!