



YMCA of Washington County - Group Fitness Classes

Fitness class levels: 1) Low intensity and/or low impact

2) Moderate intensity and/or moderate impact

3) High intensity and/or high impact

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!

BOOT CAMP (2-3)

Challenge brings change! Improve your fitness level as you shape your body in this positive and motivating group training. Different workouts every session keep your body guessing while building lean muscle and improving your endurance.

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!

BODY FIT (2-3)

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

BODY SCULPT (1-3)

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

TBC – Total Body Conditioning (2-3)

Improve your overall strength and boost 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 exercises tailored to all aspects of total body fitness.

WOD (workout of the day) (1-3)

Strength training on the gym floor. Participants will be utilizing a variety of machines and equipment. Improve your strength levels with these full body workouts using different exercises, sequences, and repetitions.

CORE & PLYO (1-3)

Improve your agility, vertical and horizontal movement. This class also incorporates core exercises to strengthen your abdominals and spine stabilizing muscles. Enjoy a variety of workouts that will keep you improving your fitness and strength levels.

BEGINNER KICKBOXING (1-3)

Kickboxing is an effective cardiovascular workout that blends boxing, martial arts and basic calisthenics to leave you feeling strong and confident! This high energy format is a great workout for all levels.

YOGA (1-2)

Rejuvenate your mind and body as you improve your flexibility, strength and balance in this serene class atmosphere. Increasing awareness of your body, breath and mental focus. All levels welcome.

SENIOR FIT (1-2)

Join a community of seniors and older adults for a total body workout appropriate for all levels. Class is designed to increase balance, flexibility/ range of motion and coordination to better execute daily functional activities.

CARDIO KICKBOXING (2-3)

Cardio based class using boxing moves, cardio exercises and kickboxing combinations to increase your cardiovascular endurance.

POUND (1-2)

Cardiovascular class using drum sticks to get your heart pumping.

HIIT (2-3)

High Intensity Interval Training. Class is designed to work your anaerobic system.
High intensity group class.

CORE AND MORE (1-2)

Strengthen and shape your core and lower body with this toning class. Workouts will focus on the abs, glutes, legs and lower back using light weights and body resistance.

BEGINNERS MAT PILATES (1-3)

Pilates is an exercise system of movements that uses the mind and the body to enhance muscular strength, improve flexibility and overall health and wellness. As well as helping to develop subconscious habits of coordinated movements, core stability and enhanced posture that will improve activities of daily living.

30/30 (1-3)

Start your workout with a calorie burning spin ride, followed by a strengthening upper body/core workout.

All group fitness classes are FREE to members!!