

Downtown Group Exercise Class Descriptions

Schedule subject to change without notification.

Classes that routinely have six or less participants will be canceled.

Schedule is also available on the Y app

Classes are for all levels

JFitHip-Hop: JFit Hip Hop provides a creative and unforgettable aerobic experience that impacts the body, mind and soul by fusing hip hop dance with the science of inner core strengthening.

Mobility/Flexibility: This class is designed to help you improve body mechanics and to provide participants with tools to help you recover from intense workouts, achieve better positioning and manage soreness all through using foam rollers, self-myofascial release, PNF, trigger point, self-massage, and stretch band work. Recommended for class: foam roller.

Pilates Yoga: This is a yoga-based body strengthening class that focuses first on strengthening the core muscles that surround and support the spine, and then we progress to the extremities. Every exercise is accompanied by yoga-based stretches to warm up and stretch out the muscles being exercised.

Power Pump: Challenge yourself with this high intensity body strengthening class that uses barbells, hand weights and resistance bands to increase your strength and condition your body. Use this class to create a leaner, meaner you.

Relaxation Yoga: Stretch away the stress of a long, hard day with yoga! Try calming your body and mind with this relaxing 60-minute sequence. This class will help to reduce stress and encourage better sleep.

Strictly Abs: Strictly abs is a 15 minute class designed to work your entire abdominal region.

Yoga: A fitness-based yoga class blending the Astanga and Vinyasa styles of Hatha Yoga to form a class to increase your sense of well-being and your ability to handle stress. Improve your breathing techniques and relax more by practicing the ancient art of yoga.

Zumba: Zumba is a fusion of Latin and international music with dance themes to create a dynamic, exciting fitness program.

Low Intensity Classes

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Yoga: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Medium Intensity Classes

Body Conditioning: Never the same class twice! This class incorporates power intervals and plyometric moves. This class is for experienced exercisers looking for a challenge.

Hip Hop Step Aerobics: Ready to rise to a new challenge? Step up your fitness with the classic aerobics step class with a Hip Hop twist! Inspiring and energizing hip hop music will keep you moving as you step on and off the basic aerobic step platforms, both with and without risers....and make those calories burn!!!

Kickboxing: We incorporate boxing moves and karate kicks with great routines to get your heart rate up and your body toned!

Kickin' Arms & Abs: Be prepared to have a great cardio session that includes kicking and punching with the added benefit of toning and tightening your bis, tris, shoulders and core

TRX Basics: This class will take you through all of the basics that TRX can offer. You will get a great workout in just simply using your body weight while strengthening your balance and your core.

Weights on Ball: Weights on Ball allows you to incorporate weights while engaging your core. This is a great way to strengthen your mid-section while toning the rest of your body.

Ycycling: An energetic, instructor led, vigorous cycling class designed to challenge you with a high-intensity cardio workout.

High Intensity Classes

Boot Camp: This fitness class is for those who are at a high level of fitness and would like an extra challenge. It is a 60 minute class designed to push participants past their endurance level by using football and military style drills, martial arts and weight training work.

HIIT and Lift: The first 30 min of this class will consist of cardio training in the form of HIIT (High Intensity Interval Training). Then we will switch gears and start building those muscles with some weight training. This is a 60 min, one stop shop to boost both your cardiovascular system and your strength.

Kettlebells: In this class you will learn how to do multiple movements with just one piece of equipment...the kettlebell. From one arm swings, to high pulls, clean and press, and even the Turkish get up, this class will introduce you to an entire new world of exercise incorporating both cardio and strength.

Kettlebells & Ropes: This one hour class will be split into 2, 30 minute workouts consisting of kettlebells and heavy ropes. Both workouts will get your heart pumping, while building muscle, the perfect combination for a good workout!

Tabata and Tools (TNT): Tabata is high intensity interval training, which is performed 8 times for a total of 4 minutes at a high intensity. This class utilizes battling ropes, kettle bells, prowler sled, medicine balls and partners resisted speed training devices. These tools have been featured on the biggest loser and in elite gyms across the country.

TRX HIIT: This is the advanced level TRX class. This class is only for those who have had previous experience with TRX, or who have taken TRX Basics.

Ultimate Workout: Train and condition both your anaerobic and aerobic energy systems. This high-intensity class utilizes stations with both cardio and strength training workouts. This is a very strenuous class and is for participants who can exercise 20-30 minutes at 75-85% of their estimated maximum heart rate.

PLEASE NOTE THAT SOMETIMES, WEATHER PERMITTING, THIS CLASS DOES GO OUTSIDE.

Family Classes

Family Zumba: This class is similar to the adult version but designed for families with 8-13 year olds to support stability, build confidence, work with developing motor skills.