



GROUP FITNESS CLASSES

NORTHWEST FAMILY YMCA



BARRE (barefoot/sock class)

A modern, challenging and safe barre class that sculpts your body while providing a calorie-burning cardio workout set to an up-tempo fun mix of music. This class targets specific muscle groups through repetitive movements. It incorporates weights, therabands, exercise ball, and the ballet barre to build core strength while developing long, lean, flexible muscles. Participants may go barefoot or wear socks. Mats are provided; however you are encouraged to bring your own if you prefer.

BOX TNT (BOX BOOTCAMP)

Join this explosive class that combines kickboxing and boot camp into one great workout. This class will have you kicking, punching and challenging yourself to a fitter you.

CARDIO KICKBOXING

This high-intensity, high energy class incorporates an interval training routine with kicks, jabs and punches with short bursts of moderate to high-intensity cardio moves.

CIRCUIT TRAINING

A high intensity aerobics mix with resistance training. Circuit training is based on the time between exercises, as well as short and rapid movement. It is easy to follow and targets strength-building as well as muscular endurance.

EXPRESS BARRE (barefoot/sock class)

This class provides the same challenging workout as our regular Barre class but in a 40 minute format.

H.I.I.T

High intensity interval training. Cardio and strength training intervals combine for a total body workout. Equipment varies.

LES MILLS BODYCOMBAT™

(ages 12+)

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all Les Mills™ programs, a new BODYCOMBAT™ class is produced every 3 months with fresh music and choreography.

LES MILLS CX WORKS™

(ages 12+)

This class activates a key ingredient for a healthier body—your core. Every move in CX Works has options, making it challenging, but achievable for your personal fitness level. Trained instructors guide your technique as you work with resistance tubes, weight plates and body weight exercises. Every workout is designed to strengthen your abs, hips, glutes, and lower back.

PIYO[®] LIVE (barefoot class)

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continual targeted moves to define every muscle in your body.

R.I.P.P.E.D

Strength/Stamina-Resistance-Intervals-Plyometrics-Power-Endurance. Combine these components together into one full body workout class.

STEP

Emphasis on basic step movements and combinations. This class is designed for all levels of fitness and does not require any prior step or aerobic experience.

STEP INTERVAL

This class uses timed segments to alternate between aerobic and muscle conditioning activities. Class will feature accessories including hand weights, resistance bands and balls, and—of course —adjustable steps.

TOTAL BODY STRENGTH

Simple yet challenging movements utilizing barbells, free weights and a variety of other equipment that can be adjusted for your fitness level. Instructor will use movements that are simple to ensure safety and effectiveness. This class will target all major muscle groups.

ZUMBA[®]

(ages 12+)

Instructor will lead you through a variety of Latin and international dance moves. Great music and motivating "party" atmosphere. This is a cardio class

ZUMBA[®] TONING

(ages 12+)

This is the original dance fitness class taken to the next level. An innovative muscle training program with the addition of light weights or toning sticks. This class will help build coordination and muscle endurance.

ALL of our Group Fitness Classes are FREE for members.

MIND / BODY

FITNESS YOGA

This class, in addition to implementing stretches, offers more strenuous muscle building exercises such as squats, lunges and upper arm toning as well as providing the meditative benefits of traditional yoga. Fitness yoga offers an increased physical workout.



GENTLE YOGA

Allows you to complete traditional yoga poses at a slower pace with modification as needed. Improving breath, flexibility and strength are the goals, with few ups & downs onto the mat. Perfect for beginners or those looking for a more relaxed and laid back workout.

INTRO TO YOGA

Enjoy 30 minutes of beginner yoga. Learn to use your breath to relax while easing into staple posed (such as Warrior and Tree poses) Your instructor will guide you as you explore how the practice of yoga can benefit YOUR body.

PILATES

Develop lean muscles, balance flexibility, coordination of the mind and body, working the core muscles (abdominals, low back and glutes) through a series of choreographed movements that are done on a mat. This exercise program will leave you feeling relaxed and invigorated.

ACTIVE OLDER ADULT

ACTIVE MOVERS

(formerly cardio strength & functional gold)

Class blends low impact cardio exercises with strength training and balance. This class provides everything older adults need to maintain a healthy, active lifestyle.

ENRICH FITNESS

Have fun while you get fit. Enjoy a low impact aerobic and strength class that's safe, heart-healthy and gentle on the joints. Easy to follow, low impact movements and upper body strength, abdominal conditioning, stretching and balance designed to energize your active lifestyle.



RESTORATIVE YOGA

Class combines self-care techniques, gentle & supportive poses, conscious breathing and meditation. Deep restorative work stretches and opens the body, many improve posture, range of motion and joint mobility. Use of blocks, straps and the wall.

TAI CHI

An ancient regimen of slow, graceful, balletic movements often called moving meditation. A low impact exercise in which movements are coordinated with breathing so you can focus on dynamic changes in balance, flexibility and muscular tension. The meditative nature of Tai Chi exercise is calming and has been shown to benefit the cardiovascular system as well as posture, strength and balance.

VINYASA YOGA

This class combines movement and breathing to maximize the flow of energy through vinyasa poses. Focus on challenging the body through stretching relaxation and breathing while holding posture. Flexibility, strength and muscle tone improves spirit/mind/body as they work together in harmony.

TABATA GOLD

Class will mix cardio, band resistance training, hand weights, balls, core and balance work with time intervals.

ZUMBAR® GOLD

This class will focus on dynamic cardiovascular exercise, strength training, balance and flexibility - everything older adults need to maintain health and function as they age.

ZUMBAR® GOLD TONING

This routine is tailored for active older adults who want to focus on muscle conditioning and light weight activity.

CYCLE

ADVANCED CYCLE

Take your cycle ride to the next level with this motivating class. Rides will be challenging with intervals and techniques during this 90 minute ride.

CYCLE 101 (45 minute class)

A class designed to allow participants the chance to learn the basic components of a cycle class. Get comfortable with the bike and terminology to progress into other cycle classes on the schedule.

CYCLE

An exciting indoor cycling class that utilizes innovative sports technology, guided imagery, visualization and other motivational techniques to prepare both the mind and body for ultimate performance.

CYCLE & CORE

An exhilarating 40 minute ride follow by a 20 minute abdominal workout.

LES MILLS™ RPM

Ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. An RPM™ class is released every three months with new music and choreography.



YOUTH FITNESS

Children below 8 years old must be signed into Prime Time to attend. Staff will escort attendees to class.

MINI ME IN MOTION

AGES 3-5/45 MINUTES/ FREE

Encourage your preschooler to embrace fitness in this fun, activity driven class! Instructors will introduce your child to basic fitness principles in this age-appropriate program. Class will consist of a warm up followed by cardiovascular and strength activities and games.

KIDS DANCE PARTY

AGES 4+/ 45 MINUTES/ FREE

A fun time for your child to shake their sillies out and find their groove. Class will be set to upbeat music and lead by a teacher who will dance and jive with the group.