



YMCA Aerobics Class Descriptions

Abs: A 30 minute abdominal and back workout that is guaranteed to tone up those muscles. All levels.

Cardio Sculpt: Floor aerobics and sports conditioning provide a great cardio routine for the beginner all the way to the advanced. Come tone specific muscle groups for an amazing total body toning routine.

Cardio Blast: Cardio combo class with floor aerobics, kickboxing, and toning

Cardio Funk: A variety of dance formats with high energy music that will burn calories and make your workout fun! This is for all fitness levels. If you move, you can groove.

Circuit: Are you ready to sweat? This workout is guaranteed to burn calories and tone up your entire body. Instructors will lead you through segments of high intensity cardio (or take it at your own pace) interwoven with different weightlifting techniques.

Dancing With the Oldies: Do you want to have fun? Love to move to music? This class is for you. This class is full of fun dancing. There is a variety of well known dance steps. Come out and have a good time.

Power Pump: Great class that will strengthen entire body. Workout will challenge