



SMALL GROUP TRAINING

Motivation. Support. Results.

Crush your goals and tap into the motivation of others to get results fast with Small Group Personal Training classes. Certified trainers provide guidance in a supportive and energetic training environment to help you achieve more than you thought possible. Average group size is 6-8 participants to ensure plenty of individualized attention. **Registration is required.**

LAND CLASSES

Athletic Conditioning

Improve agility, speed, conditioning and reaction time in a dynamic training environment. Perfect for those looking to improve performance for recreational or team play. Various age groups available.

Boxing

An energetic training environment to help you reach your goals. Get the real boxing experience without having to step foot inside the ring!

Functional Training

A total body workout that demands everything you've got! Our innovative sequences and dynamic training environment will keep workouts exciting as you crush your personal best! A variety of functional training equipment and body weight exercises will ensure you can tackle any challenge life throws your way!

LesMills GRIT (Virtual and in person options available)

Are you ready for a whole new level of body-sculpting intensity? This 30 minute High Intensity Interval Training will push your muscles and determination to the max. Our scientifically proven methods will build strength and endurance.

Senior Fit

This class is specifically designed for baby boomers who want to stay fit, get results, feel energized and hang out with friends all at the same time. Classes are exclusively for active agers searching for a faster paced class set at the right intensity level.

Strength Training

This small group training class focuses on building overall functional strength. Strong emphasis on safe and effective form ensures muscle development and coordinated strength. Group sizes are kept small to ensure plenty of individualized attention and modification to help you achieve your best results.

TRX Training

Come experience a total body workout that strengthens all your major muscle groups and develops your core. Whether you're beginning your journey into fitness or an experienced exerciser, TRX training gives you a sustainable, fun and effective approach to pursue your goals.

Y Fit

A complete cardio and strength challenge that demands everything you've got. Use your body weight and various equipment that may include ropes, sleds, tires, heavy bags, etc. to create innovative sequences that will crush your personal best and finish with an active recovery. *Equipment may vary by branch.

WATER CLASSES

Aqua Paddle Board HIIT

Paddle Board is HIIT (High Intensity Interval Training) session designed for all levels of paddlers and fitness levels. Our bodies must balance using stabilizer muscles that we forgot we had and we have to use our core strength and endurance. Calories burned are estimated between 350 - 1,100 depending on the intensity of your paddle session.

Aqua Paddle Board Flow

Yoga and paddle boards will unite the mind, body, and soul in a way that eases tension, promotes health, and well being. This 45 min class will challenge your balance, improve your flexibility, and strengthen your body.

Aqua Paddle Board Dance

Burn up to 650 calories! This training program is inspired by stand up paddle boarding mixed with different fitness techniques like HIIT, Pilates, Yoga and muscular conditioning with the instability of the BOARD placed on the water. This effective workout, choreographed to music sequences, will mobilize your whole body while engaging core and the back.

Deep Water Bootcamp

A workout designed to challenge and improve your physical performance through strength and cardio exercises in an aquatic environment.

Sign up today! Visit www.ymca.org, or scan the QR code with your smart device.

