

Class	Description
Hatha Yoga	An introduction to basic breathing techniques, postures, and relaxation exercises.
Vinyasa Yoga	An emphasis on postures that synchronize your breath and movement, this class helps you develop core strength, breath awareness and improve your spine's alignment.
Ashtanga Vinyasa Yoga	A dynamic, athletic style of yoga rooted in vinyasa, characterized by fixed sequences of postures and a focus on breath and energy, aiming for both physical strength and mental clarity.
Gentle Flow Yoga	A blend of Hatha and Vinyasa yoga. This class combines a mix of slow, deliberate postures with flowing movements and mindful breathing to encourage flexibility, strength, balance and self-discovery.
Restorative Yoga	A style of yoga that encourages physical and mental relaxation to help soothe the nervous system and promote rest.
Stretch	This class helps condition and stretch various muscle groups through passive and dynamic stretch to help you increase range of motion.
Chair Yoga	Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Offering the same benefits of traditional yoga including improving strength, flexibility and mental wellbeing.
Cycle	Cycle your way to good health. A class of varying intensity, suitable for all experience levels, this class uses various cycling techniques to keep the workout varied.
Dance	A fun workout while dancing to popular music.
Sweat	A high-speed, high-energy class that combines the best of cardiovascular and strength training. Expect a challenge as you alternate between high and low intensity exercises using free weights, plyometrics, cardio training and balance work.
Step	Step uses an adjustable, non-slip platform taking you through a choreographed calorie-burning, stamina enhancing class to suit all fitness levels.
Step and Strength	A class utilizing an adjustable nonslip platform, weights and resistance bands for a calorie burning, stamina enhancing full body workout.
Strength	Using barbells, dumbbells and your own bodyweight, this powerful workout will have you feeling a burn long after you are finished.
Strength Express	A circuit style class using a variety of equipment including dumbbells, resistance bands and bodyweight exercises for a full body workout.
Strength and Balance Express	A circuit style class using a variety of equipment including dumbbells, resistance bands and bodyweight exercises to maintain strength, agility and balance.
Lunch Express	A 30-minute, high-energy class combining cardio and strength for a quick, effective lunchtime workout. Boost your energy and strength in just half an hour!
Core	A 60-minute class aimed to improve your posture and build core muscle groups used in activities of daily living. This class is designed to strengthen the abdomen and back muscles while increasing flexibility.
Gentle Cardio	A low impact class using walking and marching variations to help participants increase strength, endurance and maintain agility and balance.
Gentle Cardio and Tone	A low-impact class focusing on functional strength, light cardio and balance.
Gentle Basics	A seated class designed to improve posture, co-ordination, endurance strength and balance.
Adult Walking	A designated time in our program schedule for self-directed walking
Adult Water Walking	A designated time in our program schedule for self-directed water walking or rehabilitation exercises.
Pre-Teen Orientation (ages 11 & 12)	A mandatory orientation that needs to take place before Pre-teens are allowed to partake in Gym activity here at the Y. We strongly support younger members of the Y to use the gym and know the importance of this. This orientation will help the Pre-teens better understand what age-appropriate equipment is best suited for the growth and development throughout their adolescent years.
Teen Orientation (ages 13-15)	A mandatory orientation that needs to take place before teens are allowed to partake in Gym activity here at the Y. We strongly support younger members of the Y to use the gym and know the importance of this. This orientation will help the teens better understand what age-appropriate equipment is best suited for the growth and development throughout their adolescent years.