



THE DOWNTOWN YMCA

We build strong kids, strong families, strong communities.



Class Descriptions

Absolution: 20-30 minutes. This class focuses on all the muscles of the abdomen in an effort to develop core strength.

Ballistic Body: 60 minutes. This is a fun way to develop all your muscles and balance through varying exercises utilizing the stability ball.

BODYATTACK®: 55 minutes. This is an energetic, simple to follow, effective cardio class that combines calisthenics with motivation and great music.

BODYCOMBAT®: 55 minutes. 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.

BODYPUMP®: 55 minutes. This class utilizes barbells and adjustable weights to tone and condition all the major muscle groups by performing weight bearing exercises.

BODYSTEP®: 55 minutes. This is a cardiovascular program that uses an adjustable height step and features high intensity intervals followed by muscle conditioning tracks designed to shape and tone the entire lower body.

Pilates: 45-60 minutes. Class that uses multiple disciplines of pilates to tone your body, improve posture and strengthen your core.

Shimm-y: 60 minutes. Belly dancing class that combines traditional and contemporary styles of the art form.

Silver Sneakers®: 60 minutes. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball are offered for resistance; and a chair is used for seated and/or standing support.

StrYke: 60minutes. Kick boxing class for those members serious about learning how to punch, strike and kick a target effectively and safely. Class is designed for all levels, and is very demanding. . This class also requires punching shields and kick boxing gloves that participants may have to purchase separately.

Tai Chi: 60 minutes. This is truly a mind, body and spirit class. You will be doing gentle movements through dance-like poses to help with stress reduction, balance and flexibility.

Y-Boot Camp 45 minutes. This class combines all the components of fitness and allows everyone to participate at their own level. Multiple stations comprised of both cardiovascular and strengthening activities will keep you entertained and motivated throughout the workout.

Y-Cardio Funk: 60 minutes. A combination of high and low impact aerobics performed in a “funky dance” style.

Y-Centergy: 30 minutes. New dance and stretch based fitness class. Designed to strengthen core, improve posture and add control spinal control in everyday movements. Wonderful for those interested in improving and strengthening their backs.

Y-Chisel: 60 minutes. Full body muscle conditioning class that uses different exercise equipment (i.e. dumb bells, bands, stability ball etc) to strengthen and tone.

Y-Cycle: 45-60 minutes. The Y-Cycling program is a no-impact cardiovascular workout performed to music on a stationary bike. A certified instructor leads the class through a variety of drills that simulate the different terrains one encounters on an outdoor bike ride. It's a great program for all levels of fitness and intensity is controlled individually at each bike. 6:00am classes are 60 minutes long and all others are 45 minutes long.

Y-Cycle Express: 30minutes The Y-Cycling program is a no-impact cardiovascular workout performed to music on a stationary bike. A certified instructor leads the class through a variety of drills that simulate the different terrains one encounters on an outdoor bike ride. It's a great program for all levels of fitness and intensity is controlled individually at each bike.

Y-Fuse: 30 minutes. Exciting, innovative cardio class, that uses sports inspired drills to get the heart rate pumping. Fast paced effective workout in a short time block. Great for all levels.

Y-Roots: 60 minutes. New Stretch based fitness option. Combines disciplines of YOGA, Tai Chi, Pilates and relaxation to increase stability and flexibility.

Y-Stem: 40 minutes. New Stretch based fitness option. Combines disciplines of YOGA, Tai Chi, Pilates and relaxation to increase stability and flexibility. Great for beginners, and those short on time.

Classes are a group activity, so we ask that all participants are respectful by following the instructor's direction. If you have a medical condition that prevents you from following the routine, please consult your instructor before class. The warm-up and cool down are important to avoid injury; so for safety reasons, we ask that you no enter a class more than 10 minutes after it has started and do not leave until the cool down is completed. In an effort to make the experience pleasurable for everyone. Please keep conversation to a minimum during class. We highly encourage socializing before and after class in the hallways and common areas. For your own safety we ask that you please only use the equipment that the instructor recommends with no additions. For everyone's safety please do not bring any type of bag, phone or food into the studios. We recommend that you bring a plastic water bottle and a towel. Please return all the equipment to that you've used to it's proper storage area

And alert instructor if any equipment is damaged. If you have any questions regarding the Group Exercise program, please contact Lonnie Watts, Group Exercise Program Manager at (414) 274-0815 or lwatts@ymcamke.org

Thank you for supporting our programs.