

CLASSES INCLUDED WITH MEMBERSHIP

MAGDALENA ECKE FAMILY YMCA

Non-members pay the appropriate day use fee. Current fitness class schedules are available at the Courtesy Counter and on our website.

Class Benefits:

| Flexibility | Cardiovascular Fitness | Core Stability | Balance | Muscular Strength | Cognitive Health |
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| Enhances the mind/body connection improving coordination and reducing stress. Enhances joint range of motion. | Strengthens the heart and lungs for efficiency. | Strengthens the deep abdominal muscles and improves postural alignment. | Improves proprioception and reduces the risk of falling. | Increases strength and enhances muscular development and coordination. | Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns. |

Cardio & Strength

Barre™ CF CS B MS

Sculpt your body and improve your posture using basic ballet principles.

BODYPUMP™ CF MS CS

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

BOSU® CF CS B MS

An intense workout performed on a BOSU half ball/balance platform.

Cardio Blast CF CS MS

A total body high intensity cardio and strength workout.

Cycling CF

Cardio workout to music on specially designed stationary bicycles. Workout towel required.

Dance! CF B

High energy dance inspired workout. No partner or special footwear required.

Exercise Lite CF MS CH

Low impact workout followed by strength and stretching exercises. May include floor work.

Extreme Fit CF CS MS

Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises.

Forever Fit CF MS CH

Chair-based fitness using seated and standing exercises.

HIIT CF MS

High Intensity Interval Training.

Hiking Club CF B

Enjoy a hike on local trails with your Y team guide.

Hi/Lo Cardio CF

Fun and energetic workout using high and low impact movement.

CoreFit CF CS B MS

Strengthen your abs, obliques, lower back and more in this core focused class.

Running Club I/A CF

Whether your goal is to prepare for a race or just to run for exercise, this group is right for you.

Sandbell® I/A CF CS MS

Hardcore strength and conditioning with the Sandbell® weight bag.

Step CF B MS

High energy choreographed workout that uses adjustable step (step-board optional).

Strength CS MS

A full body strength and conditioning class using a variety of equipment.

Walking Club CF

A unique cardio challenge that includes various walk terrains and a chance to meet new friends.

Zumba® CF

Combines unique Latin moves and rhythms to create an exciting dynamic workout.

Zumba® Gold CF

A modified Zumba® class that recreates the original moves you love at a lower intensity.



Kid-Oriented Classes

Preschool Yoga (3-5)

F B CS CH

3-5 years old appropriate poses with parent/guardian attendance required (participation encouraged)!

Kid Friendly Yoga (5-12)

F CS B CH

5-12 age appropriate poses, parent/guardian attendance required (participation encouraged)!

Lil' Bouncin' Buddies (18mo-4)

CF MS

Get your 18mo-4 year old little ones moving to the beat of age appropriate songs and games. Parent/guardian attendance required (participation encouraged)!

Kids Only Fit (5-12)

CF MS

5-12 age appropriate exercises. Parent/Guardian must remain in facility and sign-in is required.

Stroller Jam

CF CS MS

Grab your little one and put them in the stroller for this fun interactive workout for parent and baby.

Zumba® Kids Jr. (4-6)

CF

A rockin', high-energy dance party packed with kid-friendly routines, games, activities and cultural exploration!

Zumba® Kids (7-11)

CF

A kid-friendly routine based on original Zumba® choreography including games, activities and cultural exploration. Parent/guardian attendance required (participation encouraged)!

Mind & Body

Adaptive Yoga

F CS B CH

Ideal for pre and post-natal moms, injury recovery and people with mobility challenges.

Bender Ball®

F CS MS CH

Movements to enhance core activity through Pilates and functional training exercises.

Chair Yoga

F CS B CH

Enjoy the benefits of yoga utilizing a chair for support.

Fusion Yoga/Pilates

F CS B CH

Enjoy the exploration of different yoga styles combined with Pilates.

Gentle Yoga

F CS B CH

Breathing and relaxation in postures that are gentle on the joints.

Hatha Yoga

F B CH

Series of traditional postures that release tension and stress.

Iyengar Yoga

F CS B CH

Emphasis on detail, precision and alignment in the performance of posture and breath control.

Meditation

CH

Listen inward toward stillness during this guided practice.

Pilates

F CS MS CH

A sequence of carefully performed movements that strengthen the body, open joints and release tension.

Power Yoga

F CS B MS CH

Dynamic and challenging high-energy workout for experienced yogis.

Restorative Yoga

F CH

Signed to revitalize the body and energize the spirit. Please bring a blanket or towel.

Somatics

F CH

Moving, sensing and feeling the body through exercise.

Stretch

F

Improve range of motion, joint health and posture.

Tai Chi

F B CH

A form of Martial Arts that builds strength and balance.

Vinyasa Yoga

F CS B MS CH

Series of poses that unite movement with breath.

Water Exercise

Aqua Fit

CF CS MS

Low impact water exercise in shallow water. Non-swimmers welcome.

Aqua Fit/Circuit

CF CS B MS

Aqua Fit in a format that progresses through a series of assigned exercise stations.

Aqua Interval

CF CS MS

A tough workout that utilizes intervals and high intensity activity.

Aqua Mind Body

F CS B CH

Movement is linked with breath creating awareness and relaxation.

Deep Water

CF CS MS

Non-impact exercise in deep water with assistance of a flotation belt.

Hydro Healing

CS B MS

Gentle exercise designed to enhance joint mobility beneficial for participants with chronic health conditions.

