



Fitness Classes

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU ACTIVE



Included with membership!
We offer classes for
all ages, levels & interests.

All classes can be modified
to your fitness ability.
Bring a friend
to enhance the fun!

Join our classes and reach
your goals in our fun,
supportive classes.

Body Sculpt (45 minutes)

Hand weights, tubing, Ballast balls, gliding discs, Bosu Balance trainers, medicine balls, etc. are used in a variety of strength training methods to include traditional strength work, endurance and functional strength!

Bootcamp (45 minutes)

Challenge yourself with a variety of cardio & strength exercises working your upper & lower body as well as your core.

Flex & Flow (20 minutes)

Ease into your day with this gentle class of stretching to improve your flexibility. Yoga and Pilates are incorporated into this class, allowing this class to be very effective.

Indoor Cycling (30 or 45 minutes)

Indoor cycling is a cardio vascular workout performed to music on a fixed gear bike. Participants of all fitness levels are welcome. Water bottle, bike shorts and bike shoes highly recommended.

Zumba® (45 minutes)

Featuring Latin rhythms and easy-to-follow dance moves, Zumba® is a dance-exercise program that keeps everyone motivated by creating a party-like atmosphere. Come join the fun!

Tai Chi

An ancient Chinese art of relaxation, healing and self-defense for all occasions and physical ability. The gentle, natural fluid movements can help reduce stress/pain, build balance to prevent falls, prevent illness and slow aging.

Tabata Bootcamp (45 minutes)

Various methods of interval training performed at a moderate to high intensity. Circuits will be 3-5 rounds. Tabata training will be 20 seconds of constant activity followed by an active 10 seconds of rest in between stations with each round being 5 minutes total followed by 1 minute of recovery rest.

Pilates (30 minutes)

The Pilates method focuses on core strength and the ability to use your body's power center, concentrating on the quality of movement, not the quantity. Balls and straps may be used.

Yoga/Yogalates (45 minutes)

Creates a toned, flexible and strong body. Increases energy, concentration and memory. Helps to maintain a balanced metabolism. Boosts immunity and relieves pain. Improves balance, posture and athletic performance. Helps you look and feel younger than your age. Helps you relax, handle stress more easily and sleep better.

TurboKick® / Intro to TurboKick® (45 minutes)

The evolution of kick boxing is here! Jammin' music, ab sculpting moves, and high intensity cardio kickboxing. Punch, kick and jab your way to a leaner body and a tighter core!

R.I.P.P.E.D.® (50 minutes)

This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D. --- Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

PiYo® (45 minutes)

Get ultra-lean and intensely defined with PiYo, a combination of Pilates and yoga-inspired moves, set to a faster pace for serious fat burn—and fun! Experience hardcore results from this low-impact, high-octane workout!

Group Power® (60 minutes)

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

Bosu Mobility & Stability

A class for active aging adults to work on balance to help prevent falls.



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SilverSneakers Fitness



SilverSneakers®

A unique physical activity program designed to encourage Medicare-eligible members to increase their fitness level. Based upon "fitness, fun and friends," the program incorporates fun, social programming with an exercise program that enhances independent living skills. Sponsored by Humana Insurance. For more information contact Candy Ruffolo at 920.482.1565. Classes are open to all Y members.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers® Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.



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Watch bulletin boards
for special events and trips.