

# FIND THE RIGHT FIT FOR YOU

AOA= Active Older Adult Friendly Classes

## Classes Included in Membership and Require NO Registration or Fee

**Barbell Club** (120min) Y Members lifting weights together guided by a Y trainer.

**Barre Class** (60min) Ballet Style strength training.

**Boot Camp** (45min) A mix of calisthenics, strength and body weight exercises designed in a way that gets people working together & smiling!

**Building Strength AOA** (45min) For those just starting out & active older adults to increase strength, balance & flexibility.

**Butt & Gut** (55min) Challenging, muscle specific exercises targeting the pelvic floor through the abdominal core.

**Cardio Combo** (55min) Hi/Low impact cardio dance exercise class. Strength training included!

**Junior Barbell Club:** (45min) Weight lifting in a group ages 13-17. Instructor led by a Y trainer.

**Pilates** (55min) Improve your core muscle strength through mat exercises, focused on form & technique.

**Simply Stretch AOA** (30min) Start your morning right! Focus on stretching and range of motion.

**Tai Chi AOA** (60min) A system of gentle physical exercise and stretching. **Free for members, registration required**

**Step Interval** (55min) Alternated between Cardio Step and strength training.

**Step it up** (30min) Cardio Step class using the Step platforms. Easy to follow patterns.

**Y DANCE AOA** (60min) Various choreographed dances set to specific music. Easy to learn!

**YOGA** (60min) Classes offer various Yoga techniques, Hatha and Vinyasa. Great options allowing any skill level to enjoy.

**Yoga - GENTLE AOA** (75min) Restore the body at a slower modified pace.

**Yoga - POWER** (60min) Vigorous class. Previous Yoga experience recommended.

**Zumba** (60 mins) Burn calories by burning up the dance floor. Zumba uses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout.

**Zumba Gold AOA** (60min) Modified low impact movements that get you grooving at your own pace.

**Zumba Toning** (60min) Body-sculpting techniques and Zumba moves all in one class!

## Classes Requires Registration and Fee

**CYCLING** (55min) Group cycling class takes place on Freemotion bikes. We utilize watts, rpm, and speed information from the console to monitor our efforts. Instructor guides the class through interval, strength and endurance rides.

**Diabetes Prevention Program:** In a classroom setting, a trained lifestyle coach, Laurie Cuomo, our Health & Wellness Director, will facilitate a small group of participants, learning about healthier eating, physical activity, and other behavior changes over the course of 16 weeks in 1-hour sessions. After 16 initial core sessions, participants will meet monthly for added support to help them maintain their progress.

## FUNCTIONAL FITNESS on THE OCTAGON Requires Fee and Registration

### OCTAGON (60min) AOA

Basic enough for beginners and suitable for active older adults, yet challenging! Ability to adapt intensity levels. Functional training, cardio and strength components. Team work and fun included!

**Advanced Octagon:** (60 min) Must be able to demonstrate excellence in basic fundamental movements and form. Not for beginners or those just starting a workout program. Very challenging!

**Previous Octagon experience Required.**

**OCTAGON YOUTH** (45min)  
Designed for members 10-13 years old. A fitness program designed with fun, form, and teamwork in mind!

## Y PERSONAL FITNESS & YOGA COACHING:

Meet your goals with a trainer!

