

Descriptions of Aerobics Classes at the Sunbury and Milton YMCA

Call for times and dates or pick up a schedule at the member desk!

WE RESERVE THE RIGHT TO DISCONTINUE CLASSES DUE TO LOW ENROLLMENT.



Class Descriptions at Sunbury

Feel free to sit in on classes or talk to the instructors to see if it might be a class for you. Don't be shy!

Absolute Abs- A short, but intense class focusing on the midsection, all exercises can be adapted for beginners. This class is great to pair with the morning cycling class offered just before the class start.

All That Jazz – This class combines elements from Jazz, Hip Hop, Swing, and Latin! You do not have to know dance to participate. It's also perfect for all ages: steps are easy to follow. This class is a perfect workout for people who want to work up a sweat, burn calories and learn some new dance steps. This class is designed to strengthen the body, improve cardiovascular fitness and enhance muscle tone.

Beginner Boxing- A great workout while learning boxing fundamentals: stance, balance, defense, offense and stamina.

Buff –N-Tuff- High energy cardio class combining floor, step and kickboxing. Finishing with toning and killer abs!

Cardio Interval- A cardiovascular workout using the step and weights, this is a great workout for all fitness levels!

Complete Cardio-Focus is on Lower body and a great cardiovascular workout using primarily the step. Some upper body toning and abdominal work at the end

Core Strength-This class combines yoga and Pilates movements to strengthen your core, improve flexibility and length and tone muscles. Wear comfortable clothes and be prepared to take off your shoes!

Gentle Yoga/Toning- This class is perfect for beginners and seniors. First and third Tuesdays of each month will be gentle toning. Second and fourth Tuesdays of each month will be gentle yoga.

Interval Step-Mixing it up with step and resistance exercises. The class will end with strong abdominal work (expect some planks)!

Interval Strength-Short segments of strength exercises coupled with toning exercises and light to moderate bursts of intense cardio segments, ending with low back and abdominal exercises.

Instructors Choice- Anything is possible!

New Beginnings - If you are new to aerobics or have not been exercising for a long time, this is the class for you. In this class we will focus on getting your blood flowing and your heart pumping through aerobic exercise. The class will vary from basic step, to basic floor exercises. Class will begin with a warm-up and stretch and will be followed with guaranteed movement. At the end of your workout, you will enjoy a safe cool-down and stretch. The class will vary from week to week, but the fact that you are moving to a healthier you will still remain!

Total Body Toning- This is a great class for intermediates and seniors. The class boasts thorough toning with no high impact making it appropriate for multi-levels and all age groups! Another great class to follow the morning ride cycling class!

So You Think You Can Dance, Total body Workout- This class is for people who wish to attend ballet class once a week for fun and fitness in a relaxed environment. This class is suitable for all range of ages and experience levels from beginners to advance dancers. Class is structured to move at your own pace and incorporate classical ballet technique and lyrical dance. With bare exercises, center floor and across the floor combinations you will tone, strengthen and increase flexibility in the body and improve posture and grace.

Step, Butts, Guts- That's right! This class is just what it says. Mainly focusing on strengthening your lower body, it's also sure to get your heart rate up!

Step-n-Sculpt- This class will be broken into cardio movements and segments of resistance with weights. The class will end with abs and a full body stretch, toning segment or cardio blast!

Step It Up- Great class for a total body workout. This class will get your heart rate up and your muscles burning! Beginners and people of all ages are welcomed.

Total Body Blast- This 1 hr. class will be sure to get your blood flowing! It resembles a group personal training session while incorporating strength/ toning exercises as well as a high impact boot camp workout.

Totally Toning-This is a total body toning class using dumbbells, balls, and your own body weight. Join this powerfully effective class to get a great head to toe body sculpt. The class finishes with a great abdominal burn.

Turbo Step-This is a more advanced class, with more choreographed step combinations performed at a high pace, including resistance & abdominal work

Yoga- A great workout without all the joint stress of a step or aerobic class, learn new yoga positions and challenge your body's flexibility, strength and balance.

Also enjoy the calm and relaxing effect of more focused breathing. (This is not a progressive class- beginners, as well as any level, can join at any time).

Yoga Stretch- A 45 minute, no impact, total body stretching class combining deep all over stretches with basic yoga positions. Increase your body's flexibility and decrease muscle tension while relaxing through these simple movements.

Zumba- Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do!

Class Descriptions at Milton

Cardio Boot Camp: Class incorporates short bursts on the stationary bike, floor exercises, using weights, tubes and body resistance to work major muscle groups.

Core Cut Interval: Cardio interval workout designed to make you sweat and get in shape through running, sprinting, kickboxing, plyometrics, body resistance and weights.

Women's Pump: A comprehensive weight workout in the fitness center where you will learn how to lift both free and Nautilus weights.

Ouida's Aerobics: Low impact aerobics class.

Zumba- Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do!

Line Dancing – Cardio training while learning to line dance

Yoga at the Sunbury & Milton Y's.... A great workout for all.

Learn new positions and increase your body awareness while strengthening your core & improving muscle tone.

Power Circuit Training Classes!

- 30 minutes intense muscular endurance class
- 10 station fast paced workout
- For all fitness levels
- **Ultimate Circuit** – 45 minute class offering additional stations to challenge the more advanced participant.

NEW! NOW offering CYCLING CURCUIT!

Combining the best of both worlds; cycling & resistance training.
Available at the Sunbury branch.



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Group Cycling at Sunbury & Milton

- Bring a towel and water for a fun filled class!
- High-energy group exercise for men and women of all ages, abilities, and fitness levels. Not just a hard-core fitness program for outdoor cyclists.
- Improve aerobic and anaerobic fitness with minimal joint stress.
- No need to "stay in step", keep up, or compete. Ride at your own pace!
- Beginner through Advanced cyclists welcome!

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