



Mifflinburg YMCA Class Descriptions

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

3s Company (60-75 min) Work in groups of 3 in stations getting as much done as possible.

5k Club (30-40 min)- 3.1 mile route starting and stopping at the Y to walk or run as a group.

10/10 (50 min)- 10 rep sets with 10 sec isometric hold full body strength.

Buns & Guns (60 min)- Movements targeting the glutes and arms.

Boot Camp (60 min)- Military style cardio and weight lifting movements.

Cardio Boxing (60 min)- Dynamic and explosive class that incorporates boxing moves with an intense cardio workout using light hand weights or gloves.

Circuit Training (60 min)- A mix of Cardio & strength stations.

Cycle Strong (70 min)- 30-35 min of cycle cardio, 30-35 min of strength and toning work.

Cycle Flow (60-70 min) Half Indoor Cycling, half Yoga flow and extended stretching

Cycle Core (60 min)- 40-45 min of cycle cardio, followed by 15-20 min of core work.

Cycle Pump (60-70 min)- Cycle class that alternates intense lower body climbing with upper body strength every 6-8 minutes.

Dance Fitness (60 min)- Fun and high energy, dance type cardio.

Dirty 30 (45 min)- Perform 30 moves for 30 seconds each and two rounds.

Extreme Cycle (60 min)- Intense and challenging indoor cycling class.

Express Cycle (45 min)- Challenging cycle ride but in a shorter class.

Give me 10 (60 min)- 5 different 10 min segments of various cardio formats and full body strength and toning work.

Half Time (60 min)- 30 min of dance formatted cardio, 30 min of strength and toning work.

Hard Core (60 min) Half consecutive high intensity interval training and half consecutive core work.

Hustle & Flow- (60-70 min) Half cardio blasting HIIT and half Power Yoga.

It Takes 2 (60 min)- Outdoor class, work with a partner to complete fitness phases before being able to move on to the next.

Mash Up (60 min)- 4 different classes in 1, combining cardio and strength.

Max30 (30 min)- HIIT Cardio with body weight designed to get a great workout in less time.

PiYo Live (60 min)- Combination of Pilates & Yoga.

Power Pump (60 min)- Higher rep sets shifting between Lower, Upper & Core.

R.I.P.P.E.D (60 min)- Total body, high intensity style workout utilizes free weights, resistance, and body weight

Rock Bottom (60 min)- Improve Lower body strength through combos of lunge squat and deadlift, including some cardio worked in for heart rate.



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Scavenger Hunt (60 min)- Work as a team to complete fitness challenges for points.

Sculpt & Tone (60 min)- Full body toning rotating between Lower, Upper & Core.

SilverSneakers® Classic (45 min)- Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

SilverSneakers® Circuit (45 min)- Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. (A chair is used for support.)

Step & Core (60 min) Half cardio step and half core work.

Step & Sculpt (60 min)- Half step cardio and half strength training using the step.

Super Set Me (60 min)- Varied dumbbell weights used to hit opposing muscle groups with small breaks between sets.

Sweat 30 (30 min) Low impact cardio workout (march, knee lifts, hamstring curls, step forward and back, etc.)

Sweat & Step (30-40 min) Low impact cardio alternating with basic step cardio.

Tabata classes (45-60 min)- Classes using the Tabata HIIT training protocol of periods of intensity followed by short recovery.

Tabata Cardio & Core (60 min)- A mixture of high intensity interval training and challenging core work with an elevated heart rate.

Track Star (50 min)- Join us outside on the track for this class that focuses on various running drills to make you an overall better and faster runner.

Upper Body Blast (50 min)- Focusing on all upper body strength training.

Yoga Power Flow (60-75 min)- A faster paced flow.

Yoga Slow Flow (60-75 min)- Movements happen at a slower pace allowing deeper exploration of poses.

Yoga Stretch & Recover (30 min)- A short class targeted for those who work hard in fitness classes and need an extra 30 min of stretch and recover.

Yoga Power & Stretch (60-75 min)- Light dumbbell work with stretching to lengthen and tone the muscles.

Beginners: Our instructors are ready for you to join any class. We will provide options to fit your fitness needs. Please arrive early so we can go over modifications if necessary.

***Silver Sneakers Classes are for Active Older Adults. Check with the front desk to see if your health insurance covers this program.*