



Milton YMCA Class Descriptions

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aquacize/Aqua Fitness: Easy to follow all-over aqua exercise. Combine stretching and toning with aerobic moves. We use pool fitness equipment including noodles, weights and boards, and if comfort level allows, we will go to the deep end!

Aqua Pilates: This class takes the low-impact, core-sculpting sensibilities of Pilates and brings them to the water for a gentle yet effective workout.

Arthritis Aquacize: Being mindful of the effects of overwork, Arthritis Aquacize provides gentle exercise in a low-impact environment that is easy on arthritic joints.

Barre Connect: Fuses the principles of ballet technique, yoga, and functional strength exercises with cardiovascular training to create a fun, total body workout. Go high-energy, or try our seniors-friendly class!

Body Shaping: Tone and shape your entire body with weights and repetition and receive complete instruction of proper form.

Cardio Dance: Get your groove on with a heart-rate-raising dance fitness party that will tone and shape your muscles while building cardio endurance.

Cycling: Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Great cardio workout!

Hip-Hop Cardio: Drop it low, rock your body, bust a move, and get ready to sweat. This high-energy class will burn a ton of calories while you dance it out to great music.

Kickboxing: This class utilizes kickboxing moves for a fun and challenging fitness class for all ages and abilities.

Ladder Flow Yoga: Stack movements from the Vinyasa tradition and enjoy yoga that is rhythmic, challenging to the body, and helps clear the mind.

PiYo® LIVE: A fun, challenging class fusing Pilates and Yoga. Burn calories, tone muscles, work on balance and get a great stretch!

Senior Dance: Fun & friendly dance-fitness class for active older participants, or those just starting their journey to a fit and healthy lifestyle.

Senior Cardio-Sculpt: It's baaaaaack! Combines low impact aerobic interval training and toning using dumbbells. Easy to learn moves for any fitness level. Great for seniors!

SilverSneakers® Classic: Have fun and move to the music through exercises designed to improve muscular strength, range of motion, and day to day living. Hand weights, elastic tubing, and a SilverSneakers ball all offer resistance. A chair is available to provide seated or standing support.

SilverSneakers® Circuit: Get fit and have fun while increasing cardio-muscular abilities with a standing circuit workout. Alternate low-impact choreography with hand weights, resistance tubing, and small exercise balls. A chair is used for standing support and the final cool-down.

SilverSneakers® Yoga: Moves your body through a series of seated and standing yoga poses (with chair support for safety) designed to increase flexibility, balance and range of motion. Breathing exercises and a final relaxation promote stress reduction and mental clarity. NO FLOOR WORK.

Strength & Conditioning: Want to get strong all over? Combine cardio with resistance for greater strength and endurance, in the gym & out!

Strength & Core: Work your muscles in every way possible in this class that is designed to build strength and work your core by focusing on the glutes, inner thighs, upper and lower back and abdominals.



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STRONG by Zumba™: This High Intensity Interval Training class uses traditional fitness moves for an athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

Tabata Circuit: Maximize your results with this program based on Hi-Intensity Interval Training (HIIT). HIIT programs are dynamic calorie burners that help shape and tone muscle, build endurance, and create a metabolic after burn for long-lasting calorie burn.

Toning: Combines cardio exercise and upper/lower body toning with resistance bands or weight exercises. Abs & stretching are also included.

UrbanKick: Punch and kick your way through different martial arts disciplines and HIIT drills to achieve a multi-faceted, fun, and heart-healthy total body workout.

Wake It & Shake It/Restorative Yoga: Start your morning with a fun, 30-minute cardio dance fitness class. Then finish with 30 minutes of gentle yoga that focuses on breathing, pose, and releasing tension, to bring you back into balance.

Yoga: A great workout without all the joint stress of a step or aerobics class. Learn new yoga positions and challenge your body's flexibility, strength and balance. Enjoy the calm and relaxing effect of focused breathing. This is not a progressive class; all fitness levels are welcome.

Zumba®: Blends hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.

Classes can be adapted for all fitness levels

Milton YMCA

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