

# Mesabi Family YMCA

## Group Fitness Class Descriptions

### **BODY & CORE – Free for members!**

A total body strengthening and toning workout using dumbbells, a stability ball, resistance tubing and a BOSU balance trainer. Bring your own sticky mat and ball.

### **BOOT CAMP – Free for members!**

Focus on cardio, strength, endurance, balance, agility and more – a perfect class for all fitness levels, males and females. Challenge yourself with this indoor/outdoor cross training workout!

### **CARDIO STRENGTH – Free for members!**

It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training into their aerobic workout.

### **DEEP WATER EXERCISE**

A suspended cardio and strength workout in the deep end of the pool. Participants must be comfortable in the deep water. Members and non-members must register to take this class. **Pre-registration is required.**

### **GROUP CYCLING – Free for members!**

An intense cardio workout for all fitness levels – work at your own level and at your own pace to create the perfect workout for you! Limited space available...sign up for each class at the Front Desk. **Members only.**

### **MS WATER EXERCISE**

A shallow water program designed for those with MS, fibromyalgia, arthritis and other physical limitations. The focus is on range of motion, stretching, and strengthening. Need not be a swimmer to participate. Program collaborative with National MS Society of MN. **Pre-registration is required.**

### **NOON WORKOUT – Free for members!**

A 30-minute workout perfect for your lunch hour – each day offers something different...yoga, cardio, toning, pilates, and more. A great way to get a variety of workouts in each week.

### **SilverSneakers® - MUSCULAR STRENGTH & RANGE OF MOVEMENT**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This program is free for members of the SilverSneakers® Fitness Program. **Pre-registration is required..**

### **WAKE UP WORKOUT – Free for members!**

Step aerobics and muscle work guaranteed to start your day off right!

### **WATER EXERCISE**

Cushioned, full-body workout in the shallow end of the pool. Need not be a swimmer to participate. Members and non-members must register to take this class. **Pre-registration is required.**

### **YOGA**

Yoga flows, poses & breathing to improve flexibility, strength, balance and body awareness. Wear non-restrictive clothing and bring your own sticky mat. **Pre-registration is required.**

### **YOGALATES**

Combine the practices of yoga and Pilates for a total mind/body workout. Bring your own sticky mat. **Pre-registration is required.**

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.