



Fitness Classes

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU ACTIVE



Included with membership!
We offer classes for
all ages, levels & interests.

All classes can be modified
to your fitness ability.
Bring a friend
to enhance the fun!

Join our classes and reach
your goals in our fun,
supportive classes.

Body Sculpt (45 minutes)

Hand weights, tubing, Ballast balls, gliding discs, Bosu Balance trainers, medicine balls, etc. are used in a variety of strength training methods to include traditional strength work, endurance and functional strength!

Bootcamp/Functional Cross-Training (45 minutes)

Challenge yourself with a variety of cardio & strength exercises working your upper & lower body as well as your core. Instructor Choice!

Flex & Flow (25 minutes)

Ease into your day with this gentle class of stretching to improve your flexibility. Yoga and Pilates are incorporated into this class, allowing this class to be very effective.

Indoor Cycling (30-45 minutes)

Indoor cycling is a cardiovascular workout performed to music on a fixed gear bike. Participants of all fitness levels are welcome. Water bottle, bike shorts and bike shoes highly recommended.

Zumba®/Zumba Toning® (30-45 minutes)

Featuring Latin rhythms and easy-to-follow dance moves, Zumba® is a dance-exercise program that keeps everyone motivated by creating a party-like atmosphere. Come join the fun! Toning adds

Tai Chi (45 minutes)

An ancient Chinese art of relaxation, healing and self-defense for all occasions and physical ability. The gentle, natural fluid movements can help reduce stress/pain, build balance to prevent falls, prevent illness and slow aging.

Pilates (30 minutes)

The Pilates method focuses on core strength and the ability to use your body's power center, concentrating on the quality of movement, not the quantity. Balls and straps may be used.

Kettlebell AMPD® (30 minutes)

Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio.

Yoga/Stretch into Yoga (45 minutes)

Creates a toned, flexible and strong body. Increases energy, concentration and memory. Helps to maintain a balanced metabolism. Boosts immunity and relieves pain. Improves balance, posture and athletic performance. Helps you look and feel younger than your age. Helps you relax, handle stress more easily and sleep better.

R.I.P.E.D.® (50 minutes)

This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.E.D. --- Resistance, Intervals, Power, Plyometrics and Endurance as the workout portion along with Diet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

PiYo® (45 minutes)

Get ultra-lean and intensely defined with PiYo, a combination of Pilates and yoga-inspired moves, set to a faster pace for serious fat burn—and fun! Experience hardcore results from this low-impact, high-octane workout!

Group Power® (60 minutes)

Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

Group Ride®/R30® (30-60 minutes)

Group Ride is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON!

R30® is a 30 minute version of Group Ride.

Contact Kari Backhaus with class questions:
kbackhaus@mtrymca.org



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Silver Sneakers® Fitness



Silver Sneakers®

A unique physical activity program designed to encourage Medicare-eligible members to increase their fitness level. Based upon "fitness, fun and friends," the program incorporates fun, social programming with an exercise program that enhances independent living skills. Sponsored by Humana Insurance. For more information contact Candy Ruffolo at 920.482.1565. Classes are open to all Y members.

Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver Sneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Silver Sneakers® Yoga

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

H₂O Seniors

Designed for the exerciser age 60 and better. Focus in on toning, stretching and flexibility.



Watch bulletin boards
for special events and trips.