



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Portage YMCA Fitness Class Descriptions

All fitness classes are free of charge to YMCA members unless otherwise noted.

Regular Classes: *We offer these classes weekly on a regular schedule.*

Blast 2 – In this beginner level class, you can expect low-impact aerobics, strength-training and toning all in 45 minutes. All toning is taught from a standing position or sitting in a chair.

Step 1 – Simply step your way to healthy in our beginner level step aerobics class! Participants in this class will use simple step patterns and basic step equipment to tone their entire bodies.

Step 2 – Step 2 kicks the basic level course up a notch! Class participants can expect to put together combinations of step patterns and turn up the heat on some of our beginner moves.

Step Interval – Step, stretch and sizzle! This intermediate class is a combination of step cardio with intervals of toning. You'll get a full body workout in this one.

Zumba® - Feel the music! Update music will keep your feet moving in this fun and energetic class. Based on Latin dancing, this class will be sure to get your whole body cha-cha-cha-ing into shape!

Zumb® Basic – Beginner level / modified version of Zumba®

Boot Camp – Yes, Drill Sergeant! Boot Camp participants can expect intervals of strength training drills and cardio, conditioning stations for a full body blast in this intermediate class!

The RIDE – Come pedal your way to fitness in this fun, group cycling class! Participants in this class can expect a cardio workout with some lower body toning and a maximum of 14 students per class. Climbing, racing and varying our riding positions are just a few of the things we do in the name of fitness in The Ride!

Bike & Bench - Spin, step, sweat it out! This high intensity workout is exactly what the name says – we're doing intervals of group cycling with intervals of step aerobics for a great cardio workout.



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Gentle Stretch – This 30 minute class is for beginners wishing to do some basic stretching in standing or sitting positions.

6 Pack Abs – 30 minutes of concentrated abdominal workout to whittle your middle.

Hour of Power – Sorry fellas, this one's for the ladies only! Offered in the weight room and set up in a circuit, this class gives participants the opportunity to learn techniques and weight bearing movements that sculpt and shape the body.

Yoga – Set in the multipurpose room upstairs, the easy flow of this class helps anyone discover ways to become centered, focused, relaxed and increase flexibility. This is an opportunity to tap into your energy sources by using traditional yoga poses and breathing techniques. Please bring your own mat.

Y Get Moving – Because you want to be healthy! This class gets people moving and helps them become more flexible. Participants in this course can expect to walk the track upstairs at their own pace for the first half hour. The second half hour meets in the aerobic room and includes some mild strengthening, balance, stretching and flexibility exercises.

Aquacise – Held at Portage High School West Pool (Door F), this beginner class offers low-impact cardio and toning exercises for those looking to slim down without putting too much on their joints. **Free for Portage YMCA members - \$2 per class for all others.**

Rotating Classes: *These classes rotate into the schedule occasionally.*

Total Tone – This beginner level course is great for anyone wishing to focus on toning their body overall. Participants in this class can expect to use weights, bands and tubes to focus in and tone all the areas of their body.

Cardio Kickbox – Pow! Boom! Bam! Participants in this advanced class can expect to feel like Batman defeating an evil villain with the combination of punches, jabs and kicks. This high intensity fitness class also includes some stretching and an abdominal workout.

20-20-20 – Want to burn calories? Try this advanced class with 20 minutes each of low aerobics, step and cardio kickboxing.