



Class Descriptions Wood River YMCA Facility

P.O. Box 6801
KETCHUM, ID 83340
(208) 727-9622

20/20/20 - An all-in-one class packed with 20 minutes of each component: cardio session (spinning), strength work (varies weekly), and basic yoga to balance you out. Class will vary in content each week.

Barre Buns - Shape your legs and buns with ballet barre and floor work that utilizes Pilates principles.

Barre Intensity - The class combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body.

Battle Fit - A high-intensity class using calisthenics, weight training, and metabolic conditioning to increase strength, develop power, and improve stamina.

Bottom Line - Boost your "Bottom Line" with this class designed to strengthen your legs and core. Using a variety of props, you will target these essential muscle groups, helping you energize your body's powerhouse.

CareFit - A free class to allow caregivers to care for themselves. Classes revolve around a spectrum of fitness styles such as strength, Pilates, yoga and several other disciplines. Beginner level with modifications to increase difficulty.

Core Flow - A challenging Vinyasa class that blends core strengthening exercises and yoga.

Delay the Disease - DTD is a fitness program designed to empower people with Parkinson's Disease by targeting their symptoms and optimizing their physical function. This program is free to all members. Registration required. More info: (208) 928-6703.

EnhanceFitness - Created for people living with arthritis. This program is a 16-week, evidence based program that incorporates posture, balance, cardio, strength training and flexibility. This program is free to all members. For info: (208) 928-6703.

Fencing - Introductory course in Fencing. Will learn fundamentals in a 6 week progressive class. Commitment to entire 6 week program is necessary. Registration details available at the front desk and on the website.

Fit Fix - This class is perfect for those looking to build strength in endurance, stamina, flexibility, core and agility in less than 60 minutes. Go beyond aerobic to metabolic condition utilizing circuits, Tabata, and work to rest methods.

Flow & Go - A convenient one hour, all levels, vinyasa style class that is designed to balance out the entire body, linking breath with movement. The result is improved balance, resilience and endurance. Yoga is truly a peaceful way to start your day!

Gentle Yoga - Sequence of gentle poses to restore while providing vitality to the body. Monday/Wednesday class at 12:00 needs a call-in to reserve spot: (208) 727-9622.

Hatha Yoga - Slower paced class focusing on postures, breath and meditation.

High Fitness - HIGH Fitness transforms old school aerobics into a new workout experience that combines simple, modern fitness techniques with music you know and love. The class alternates between cardio peaks and toning tracks that will take your heart rate up!

Kettlebell Fit - A high intensity and demanding full-body workout. Come ready to mix basic and advanced kettlebell techniques with dynamic and functional fitness to keep you fit for your active life.

Kid Yoga - A playful class that encourages self-expression through kid-friendly poses, breathing and relaxation.

LiveSTRONG at the YMCA - An evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Program is free for Y members and non-members. Contact Mary Williams for more info: (208) 928-6703

Mat Pilates - Train your core for life.

MELT® - The MELT® Method is a simple self-treatment designed to help you stay active for a lifetime. In this gentle class, you will employ the use of gentle tools for fascial release, pain relief, and performance improvement. Call-in required, limited space.

Power Conditioning - This class offers a high energy workout to power up your best mountain life. This intermediate/advanced class focuses on full body functional strength, cardio endurance, balance and agility with an array of props to increase the fun and challenge.

Power Yoga - Power Yoga is a vigorous and revitalizing style of practice which increases the heat of the body so challenging postures can be practiced. Playing with creative sequencing, this class will also focus on breath connectivity and correct transitions.

Restorative - A restful class that stimulates and relaxes the body through supported and longer held postures.

Richard's Yoga - An all-levels strengthening, lengthening and mind-clearing class.

Run & Roll - A vigorous cardio workout. Spend most of class running a mix of hill and sprint intervals on a treadmill (or elliptical for low-impact or non-runners) then transition to a guided foam roller cool down. Daily call-in to ensure a spot.

Slow Flow - Slow Flow Yoga allows practitioners to learn each yoga pose, the alignments, feel it in their body while incorporating breath. The mind and body connection is one of the main goals when practicing all forms of Yoga.