



Wood River YMCA Class Descriptions

All in One - .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.

Adult Ballet - Taught by Hilarie Neely Director of Footlight Dance Centre. Limited to 22 people per class. Must arrive on time to attend. Class will focus on exercises, techniques and steps of classical ballet. Ballet slippers or socks recommended.

Aquacise Fun, energetic shallow water aerobics class with low impact choreography.

Barre Shape your legs and sculpt your body 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.

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.

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.

Heated Vinyasa A sequence of poses done in a flow practice in a heated environment

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!

Hydro Fit A fun, no-impact cardio core class held in the deep end of the lap pool utilizing buoyancy equipment.

Kayak Roll Practice Drop In Bring your own Kayak and paddle. Minimal instruction provided. Some boats available. WASH BOAT BEFORE ENTERING POOL. \$10 members \$15 non-members

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.

Liquid Blade Runner A higher intensity class for a strength and cardio boost. Because of the resistance of blades, the participants should have stable joints or communicate any limitations to the instructor.

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. Call (208) 928-6703 for info



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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.

Restorative Yoga 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.

Ski Conditioning - High energy workout that helps prepare you for your best moves on the hill. Strength, cardio endurance, balance and agility work which changes weekly.

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.

Spin and Sculpt Fusion Spin & sculpt class is a high energy fusion class combining the benefits of a fat torching spin class and a full body sculpting class. Expect to get a challenging cardiovascular workout on the bike and a killer core and strength workout off the bike.

Spin / Yoga - Come enjoy a great cardio workout on the bike followed by a yoga practice to stretch, strengthen and elongate your muscles.

Sunrise Spin - An inspiring start to your morning, designed for all levels. Find your personal best utilizing interval training, RPM, heart rate, distance, calorie burn, watt output and just plain groovin' to uplifting tunes.

Intro to Tai Chi A mindful movement class using simple, gentle Tai Chi and Qi Gong exercises to facilitate moving meditation.

Time to Move A 45minute circuit training class geared toward the senior population. Focus is on mobility, functional strength, balance, flexibility and FUN!

Treadmill Intervals Vigorous 45-minute treadmill class with hill, sprint and long duration intervals. Class can be modified using an elliptical for a lower impact option. Daily call-in to reserve a spot: (208) 727-9622.

TRX Fusion Traditional TRX moves combined with exercises that will help you increase total body flexibility, mobility, and stability, as well as develop core strength and cardiovascular fitness. Daily call-in to reserve a spot: (208) 727-9622.

TRX Level 1/2 TRX is a unique training tool that uses your own body weight and gravity to perform a particular exercise. In this slow to moderate paced class, you will learn the basics of TRX to receive a full body workout. No prior experience necessary.

Vini Yoga Therapeutic class focusing on lower back care through precise instruction and the use of props.

Vinyasa Flow Vinyasa Flow for all levels to warm and strengthen the body.

Yogi Barre This class incorporates the principles of barre class that utilizes the ballet barre to shape your legs and buns with additional yoga moves. Come and try this fusion class that will leave you strong and flexible.

Zumba A Latin, cardio, aerobic dance class.

Zumba Toning Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The added resistance of using Zumba® Toning Sticks, helps you focus on specific muscle groups, so you (and your muscles) stay engaged.