



Wood River YMCA Class Descriptions

Adult Ballet Taught by director of Footlight Dance Centre, Hilarie Neely. Classes will have a focus on the exercises, techniques and steps of classical ballet. Each one hour class will include a warm up at the barre then transition to center floor work and combinations. Anybody regardless of prior experience can enjoy this class. Ballet slippers or socks are recommended along with comfortable athletic attire.

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

Ballet Sculpt A nonstop cardio workout that incorporates dance, Pilates, and yoga.

Ballroom Dancing Take advantage of this opportunity to learn several fun dance styles! Couples or singles welcome. This class will introduce a new dance style every other week. Wear leather shoes to class. Partners are rotated.

Barre with Sarah Curtis Shape your legs and sculpt your body with ballet barre and floor work that utilizes Pilates principles.

Brooke's Mountain Sports Conditioning High energy workout that helps prepare you for your best moves on the hills. Strength, cardio endurance, balance and agility work which changes weekly.

Cardio Sculpt with Caroline Strength HIIT - A unique flow that combines elements of dynamic strength and high-intensity interval training. This energizing full-body workout will increase strength, endurance, and heart health.

Core with Margie & Core with Jenn These classes focus on core strengthening and conditioning. Learn new techniques and exercises intended to support this important area of the body.

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.

Enhanced Fitness Created for people living with arthritis. This program is a 16-week, evidence based program that incorporates posture, balance, cardio, strength training and flexibility.

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.

Gentle Yoga with Sarah Curtis Sequence of gentle poses to restore while providing vitality to the body.

HIGH Fitness with Brighten Franz 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!

Iron Teen Fitness An introductory fitness class for ages 11-18. Basic Aerobics, Calisthenics, and free weight training for those who wish to begin learning fitness techniques and healthy exercise habits. Must complete Iron Teen Orientation if under 16, orientation is separate from class.

Liz's Kettlebells 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.

Mat Pilates Train your core for LIFE. Exercises and training for core strengthening and conditioning.

Pilates Reformer Workouts with Margie No fee for this class. Learn Pilates reformer workouts in a group class setting! Pilates incorporates a system of exercises using special apparatus, designed to improve physical strength, core strength, flexibility, and posture, and enhance mental awareness. Class size is limited to six participants and all participants MUST register to attend. Link for reservation under "Schedules" link on our website.

Pilates Group Class (\$25 fee) Please note there is a \$25 fee for this Pilates Group Class. Pilates incorporates a system of exercises using special apparatus, designed to improve physical strength, core strength, flexibility, and posture, and enhance mental awareness. Class size is limited to six participants and all participants MUST sign up to attend. Link for reservation under "Schedules" link on our website.

Power Flow Yoga Power Flow Yoga links the body movement with breath to create a dynamic flow of poses. This is a vigorous, strength-based class, working the body to the core, building flexibility, and endurance. Yoga mats and blocks are available but participants are encouraged to bring their own mats.

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



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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. Reservation for a treadmill or bike required! Link for reservation under "Schedules" link on our website.

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 Spinning is winning! Come enjoy this fun cardio work out that can be adapted to all ability levels. Perfect for all the cycling lovers! Please bring a water bottle and personal towel.

Time to Move This class is a circuit training class intended to benefit the older population. Reservation is required! Link for reservation under "Schedules" link on our website.

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

Zumba A Latin, cardio, aerobic dance class.