



Wood River YMCA Class Descriptions

Welcome to Group Exercise at the Y! While some classes are more active than others, all classes are built to cater to every fitness level so all are welcome. Please don't hesitate to ask a fitness staff member for more information about any of the classes we offer!

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

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

Shape your legs and sculpt your body with ballet barre and floor work that utilizes Pilate's principles.

Core

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

Dance

Dive into the world of expressive movement with our contemporary class for all abilities. Build a strong foundation, learn choreography, unleash your creativity, and experience the joy of dance in a welcoming and supportive environment.

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.

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.

Fencing

Develop strength, agility, coordination, self-confidence and sportsmanship while learning the fundamentals of one of the oldest Olympic sports. All equipment provided at no charge. Adult and children lessons available.

Gentle Yoga

Sequence of gentle poses to restore while providing vitality to the body.

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!

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.

Pickle ball Clinics

The introductory class will explain rules, stretching and safety drills, demonstrate grip, paddle ready position, forehand and backhand strokes, volleying, serve and return of serve techniques, scoring, strategy... plus one-hour free play follows class.

Pilates Reformer

Learn Pilate's 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.

Power Hour

Join us for a 1 hour full body workout! This circuit style class will blend cardio bursts on the bike and strengthening with weighted dynamic movements.

Richards Yoga

An all-levels strengthening, lengthening and mind-clearing class.

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 workout that can be adapted to all ability levels. This is perfect for anyone looking for a low impact cardio based workout.

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.

Time to Move

This class is a circuit training class intended to benefit the older population. Registration is required. All fitness levels welcome!

Yoga Sculpt

Experience the perfect blend of mindfulness and strength with our Yoga Sculpt class. This dynamic workout combines traditional yoga poses with cardio and light weight lifting to tone muscles, boost metabolism, and enhance flexibility. Suitable for all fitness levels.

Zumba

A Latin, cardio, aerobic dance class.