

# East YMCA

## Adult Fitness Class

### Descriptions

**20/20/20-** 20 min. cardio/20 min weights/ 20 min Pilates and stretching

**Cycling-**A stationary cycling class delivering a mix of options for cardio-training guided by motivating instruction.

**Fit for Life-** A 60 minute functional fitness class for the active older adult or the beginning exerciser that incorporates cardio, weights, and flexibility.

**Cardio Sculpt** - A sculpt class with bursts of high-energy drills that will keep your heart rate up while shaping your muscles.

**Zumba**- This class will get you moving! No dance experience needed! 60 minutes of fun movement to burn calories and have a great workout packed with powerful moves and music

**BodyPump**- The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups. Great music and your choice of weight inspires you to get the results you want.