



Oswego YMCA Group Exercise Class Descriptions

Not all classes listed below may be currently offered. At times it may be necessary for an instructor to miss a class. We make every attempt to find a qualified substitute to teach the class, however cancellations are sometimes unavoidable. Classes may also be cancelled due to low enrollment. 14 years of age & up may attend adult fitness classes or at the discretion of the instructor.

- AOA Strength & Flexibility:** a class for active older adults working on strength, balance and flexibility. (Fitness Center)
- Booty Ballet Blast:** a resistance based workout that will target your butt, thighs and abdominals combined with dance inspired moves. No prior ballet or dance experience required. (Gym)
- Boxing Classes:** Learn the fundamentals of boxing with this strength & conditioning interval workout. (Boxing Room)
- Circuit Strength:** A challenging mix of various strength intervals (Gym)
- Cycle/Cycle Sprint/Ride On:** Challenging indoor cycle classes that use resistance and cadence to increase overall endurance and lower body strength. Limited to the first 14 participants per class. Please arrive 10 minutes early for bike set up. (Cycle)
- Forever Young:** A class for Active Older Adults that includes light aerobic activity, resistance and flexibility. (Gym)
- HIIT It:** A total body, heart pumping aerobic & strength conditioning workout. Combines full body strength training with high intensity cardio bursts. (TRX Studio)
- Kettlebell:** Build long lean muscles; improve strength and power in the upper body, core and lower body and increase coordination, joint mobility and overall endurance.
- Kickboxing Classes:** Learn the fundamentals of kickboxing with this strength & conditioning interval workout. (Boxing Room)
- On the Ball:** Use the stability ball throughout for total-body muscle sculpting. This class continuously challenges participants with exercises that use either body weight only or dumbbells. (Gym)
- Pilates:** Strengthen the core muscles (abdominals, low back, glutes and hip flexors) with an emphasis on the lower abdominals (transverse abdominals). Mat based exercises designed for beginner to advance. (Yoga Studio)
- PiYo:** a hybrid workout which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength and dynamic movement. (Yoga Studio)
- RSVP Osteo Exercise:** A program designed to work on strengthening muscles and joints to prevent challenges associated with arthritis and osteoporosis. (Kids Club)
- Silver Sneakers:** The Silver Sneakers fitness program is offered in partnership with select health plans at no additional cost to Medicare-eligible members. The class offers multi-level equipment based strength and conditioning exercises designed to improve agility, balance and strength to enhance everyday functional activities. (Gym)
- Strength and Core:** Become stronger with strength training for all the major muscle groups using dumbbells, plus additional focus on core conditioning. (Gym)
- Step Surprise:** Any combination of step routines for all fitness levels to get & keep you moving! (Gym)
- Step & Strength:** A combination of step aerobics with strength training using dumbbells. (Gym)
- Strong By Zumba:** High Intensity Interval Training (HIIT) moves synched with the great beat of Zumba music. (Gym)
- Soul Hooping:** a low impact & fun way to stay fit, connecting the body, mind and soul. Using larger size hoops, the revolutions are slower, resulting in a calm, energized and centered feeling as you hoop. (Gym)
- SWEAT:** a functional fitness class with range of motion, dynamic movement, strength training, drills, plyometrics and core work designed to make you better, stronger, faster and healthier through a variety of exercises of varying intensity. (Gym)
- Total ABS:** a mixture of ab exercises to work your core using specific moves, sequences & routines (Gym)
- Total Body Fitness:** a comprehensive workout that includes strength, cardio, core conditioning and endurance via weights, aerobic interval training. (Gym)
- TRX Fusion:** The TRX Suspension Trainer leverages gravity and your bodyweight to perform exercises. Mix in kettlebells, ropes, balls and more and you've got a challenging, fun total body workout. (TRX Studio)
- Yoga:** Challenge your mind and body through strengthening, stretching, relaxation and breathing exercises. (Yoga Studio)
- Y Cuts:** Work every major muscle group using a variety of equipment including dumbbells, barbells, bands & more. (Gym)
- Zumba:** A fusion of Latin rhythms and easy to follow moves to create a dynamic calorie burning energizing class. (Gym)
- Zumba Tone:** The challenge of adding resistance by using Zumba® Toning Sticks or light weights helps you focus on specific muscle groups, so you and your muscles stay engaged. (Gym)