



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. Rev. 9/1/17

AOA Strength & Flexibility: a class for active older adults working on strength, balance and flexibility. (Fitness Center)

Barre Fusion: a warm-up with a series of arm exercises continues at the bar with a lower-body section to work your thighs glutes & core. (Yoga Studio)

Boxing Classes: Learn the fundamentals of boxing with this strength & conditioning interval workout. (Boxing Room)

Cardio Surprise: Any combination of cardio routines for all fitness levels to get & keep you moving! (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 aerobic & strength conditioning workout. Combines full body strength training with high intensity cardio bursts. (TRX Studio)

Kettlebell: Build strength and power in the upper & lower body & core, increase coordination, joint mobility and overall endurance using the kettlebell. (Gym)

Kickboxing: Learn the fundamentals of kickboxing with this strength & conditioning interval workout. (Boxing Room)

Ladies That Lift: A women only small group personal training class focused on proper use of weights for a challenging, muscle building workout. (Fit Center)

Pilates: Strengthen the core muscles (abdominals, low back, glutes and hip flexors) with an emphasis on the lower abs. Mat based exercises. (Yoga Studio)

PiYo: a hybrid workout combining the practices of yoga and Pilates, as well as the principles of stretch, strength and dynamic movement. (Yoga Studio)

RSVP Osteo Exercise: 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 & Core (& more): Get stronger with strength training for all the major muscle groups using dumbbells, with a focus on core conditioning. (Gym)

Soul Hooping: A progressive mode of hooping integrating a low cardio workout, mindful breathing & meditations empowering your body, mind & spirit. (Gym)

Strong By Zumba: A fun, high Intensity Interval Training (HIIT) moves synced with music to push you past your perceived limits. (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 Strong: 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)

YFit: Join CrossFit Coaches for this functional movement workout at higher intensity that incorporates moves from several sports & types of exercise. (Ringside Barbell Club; Pre-registration required).

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)