



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ELEVATE

GROUP EXERCISE CLASSES AT THE Y

Take your fitness and accountability to the next level by taking a group exercise class at the Y! All classes are included in the cost of your membership!

Our trained instructors offer a variety of class types, including many Les Mills offerings, to meet anyone's fitness needs! Instructors work hard to create a positive, encouraging environment for all, and are always available to get to know you and answer any questions.

BENEFITS OF GROUP EXERCISE

It increases self-confidence, improves body shape, burns extra calories, increases lean muscle tissue, increases metabolic rate, lowers resting heart rate, strengthens the heart, alleviates depression, improves whole quality of life, etc.

AGE REQUIREMENTS

Must be at least 14 years of age to participate in Les Mills Body Pump. Anyone 10 years and older may participate in all other group exercise classes.



statelineymca.org/elevate

ELEVATE

GROUP EXERCISE CLASS DESCRIPTIONS



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LES MILLS CLASSES

BODYCOMBAT™

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

BODYPUMP™

This revolutionary barbell workout challenges all major muscle groups. Class consists of squats, presses, lifts, and curls as you strengthen, tone, and define your entire body. You'll determine the level you work by choosing the appropriate weights.

CORE™ (formerly CxWorx)

Based on cutting-edge scientific research, CXWORX is the ultimate way to get a tight and toned core. CXWORX is 30 minutes of dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body and will leave you looking good and feeling strong.

GRIT™

30 minutes of high-intensity interval training (HIIT) developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you to push your body into your max effort training zone – and that's where the results happen!

RPM™

This indoor cycling workout guides participants to ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

SPRINT™

Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results and help your body burn calories for hours. This is a short, high-intensity, low-impact workout that is scientifically proven to return rapid results.

NON-LES MILLS CLASSES

CORE FOUNDATIONS

A fun yet challenging core class where you will be trained on how to properly engage and strengthen different targeted muscles within your core. You will learn the fundamentals necessary to train the midsection, rotational, and stability components of your core!

CORE + MORE

This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. The instructor may include equipment in this workout to keep it fun and challenging.

FUNCTIONAL STRENGTH

A training style that focuses on the whole body and multiple muscle groups while working against resistance mirroring everyday movements to emphasize strength and stability.

GROUP EXERCISE CLASS DESCRIPTIONS

LIIT (LOW IMPACT INTERVAL TRAINING)

A low-impact, full body workout, including a good variety of equipment-based and body-weight exercises, with no running or jumping.

MORNING MASHUP

Rise and shine! This early AM class has something for everyone. Jump start your day with a medley of strength and cardio exercises and a lot of fun!

INTERACTIVE SPIN (offered only during winter months)

Our indoor group cycling classes provide exciting cardio workouts suitable for all ages and fitness levels. Under the guidance of our instructors, participants simulate riding through various terrains by manipulating their resistance and pedaling faster.

PILATES

This class uses Pilates-based mat exercises as well as updated variations to make Pilates exercise fun and accessible to a wide range of fitness levels. Build long, lean muscles, increase your flexibility, and improve posture in this dynamic class.

SENIOR FIT

Energetic class for the active older adult. Work on balance, posture, and strength while making friends!

SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living.

SOULBODY BARRE+ UNHITCHED

A fusion of Pilates, Yoga, and Ballet. Enjoy the power of a flow that is functional, athletic, and mindful in its approach. Shape, tone, and strengthen the body!

STRENGTH & CARDIO FUSION

Build endurance and tone your body in this total body workout, which combines moves from a variety of disciplines (i.e., yoga, Pilates, boot camp, cardio, strength, and more)!

Y'S WAY

A combination of cardiovascular, muscular strength, and stretching is geared toward the person who is new to exercise and the active older adult.

YOGA

Yoga creates awareness of your body through poses that combine deep stretching with balance. Concentration work is also incorporated into this workout. We currently offer the following varieties: Gentle, Hatha, Mindful Yin, and Vinyasa.

ZUMBA

Come join us for some Zumba fun! Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance moves.