



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Adult Group Fitness Descriptions

Spinning®

The cardio class for almost anyone! Pedal your way through a rockin' time on a specially designed stationary bicycle. Join the crowd and enjoy the sights and sounds of our new state-of-the-art Spinning® room. Instructors set the pace, provide encouragement, and inspire you to turn up the tension and pedal fast. Come in and break a sweat with us! Officially licensed facility.

Beginner Boot Camp

Your cardiovascular and muscular fitness will be challenged in this class incorporating calisthenics, free weights, plyometrics, and an assortment of equipment for a variety of exercises in each session. Each week the instructor will vary the circuit format of the class.

Morning Workout

Offers exercise that causes the muscles to contract against external resistance. These movements increase muscle strength, tone, mass, and endurance. External resistance tools include dumbbells, rubber exercise tubing, or any other object that causes the muscles to contract.

Better Body Boot Camp

A one hour, no frills, high intensity workout. Challenge your body with an intense 60 minutes of calorie burning, core strengthening, muscle toning exercises using free weights, barbells, resistance bands, and stability balls. Instructor designed for all fitness levels and aimed at improving strength and endurance. Burn the fat, build the muscle, and reshape your body!

Pilates

Pilates offers a method of body conditioning based on use of positioning and gravity to work the muscles. Pilates workouts focus first on developing strength through the core of the body—the back, abdomen, and hips—providing a solid foundation to challenge the rest of the body. The concentration focuses not only on strength, but also flexibility and coordination.

Yoga

Our yoga instructors will guide you towards complete wellness, flexibility, strength, and balance. Our offerings range from classes that focus on a slower pace with longer-held poses exploring healthy alignment to more vigorous, flowing styles. Classes suitable for all levels of experience.



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Body Pump

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven **BODYPUMP™** formula: **THE REP EFFECT™** a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

P90x®

You've heard of **P90X®** – because it gets serious results. Now you can get those same results when you join our community of friendly competition, encouragement, and personal fitness breakthroughs. You'll power through a variety of full-body strength training, cardio drills and core work as a team to bust through your plateaus. **P90X® LIVE** is suitable for all fitness levels, fully modifiable for beginners, deconditioned populations and those with specific needs.

TRX (Total Resistance Training)

It was developed by Navy Seal, Randy Hetrick as a way to stay in peak condition while on mission with no access to fitness equipment. The TRX tool is the Suspension Trainer. The Suspension Trainer single point attachment provides the ideal mix of support and freedom of movement to train strength, endurance, balance, coordination, flexibility, power and core stability all at once and across a wide range of intensity. Exercising on the Suspension Trainer integrates strength, mobility and balance into a single dynamic format that exploits neuromuscular responses and maximize the benefits of bodyweight exercises for faster results. A Personal Training Group TRX class will be offered by the Ligonier YMCA. Class instructor will be Tommie Korneke. Tommie is qualified through the TRX Company to conduct the classes. She also is a certified Personal Trainer through the National Academy of Sports Medicine. Classes are limited to six participants. If interested contact the Ligonier YMCA for day, time and fees. Tommie Korneke will also provide individual instruction on the TRX Suspension Trainer through the Ligonier YMCA's Personal Training Program