

CLASSES INCLUDED WITH MEMBERSHIP

MAGDALENA ECKE FAMILY YMCA

Non-members pay the appropriate day use fee. Current fitness class schedules are available outside Studio 1 and on our website.

Class Benefits:

Flexibility	Cardiovascular Fitness	Core Stability	Balance	Muscular Strength	Cognitive Health
Enhances the mind/body connection improving coordination and reducing stress. Enhances joint range of motion.	Strengthens the heart and lungs for efficiency.	Strengthens the deep abdominal muscles and improves postural alignment.	Improves proprioception and reduces the risk of falling.	Increases strength and enhances muscular development and coordination.	Enhances neuromuscular activity and helps improve mind/body connection through specified movement patterns.

Cardio & Strength

Barre™

F CS B MS

Sculpt your body and improve your posture using basic ballet principles.

BODYPUMP™

CF MS CS

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

BOSU®

CF CS B MS

An intense workout performed on a BOSU half ball/balance platform.

Cardio Blast

CF CS MS

A total body high intensity cardio and strength workout.

CoreFit

CF CS B MS

Strengthen your abs, obliques, lower back and more in this core focused class.

CXWORX™

CS B MS

A pre-choreographed, challenging but achievable 40 minute core training workout using crunches, hovers, resistance, tubes and weight plates.

Cycling

CF

Cardio workout to music on specially designed stationary bicycles. Workout towel required.

Dance! Cardio Dance

CF CH

Jazz-inspired choreography done to contemporary music.

Dance! Line Dance

CF CH

Step-by-step instruction in country line dancing.

Dance! Spirit Groove

CF B

High energy dance inspired workout. No partner or special footwear required.

Exercise Lite

CF MS CH

Low impact workout followed by strength and stretching exercises. May include floor work.

Extreme Fit

CF CS MS

Rigorous boot camp circuits combining plyometrics, agility, strength and cardio exercises.

Forever Fit

CF MS CH

Chair-based fitness using seated and standing exercises.

HIIT

CF MS

High Intensity Interval Training.

Hi/Lo Cardio

CF

Fun and energetic workout using high and low impact movement.

Running Club

I/A CF

Whether your goal is to prepare for a race of just to run for exercise, this group is right for you.

Sandbell®

I/A CF CS MS

Hardcore strength and conditioning with the Sandbell® weight bag.

Step

CF B MS

High energy choreographed workout that uses adjustable step (step-board optional).

Strength

CS MS

A full body strength and conditioning class using a variety of equipment.

Walking Club

CF

A unique cardio challenge that includes various walk terrains and a chance to meet new friends.

Zumba®

CF

Combines unique Latin moves and rhythms to create an exciting dynamic workout.

Zumba® Gold

CF

A modified Zumba® class that recreates the original moves you love at a lower intensity.



Kid-Oriented Classes

Dance! Family (7-12) CF

All age appropriate high energy dance inspired workout. Parent/guardian attendance required; participation encouraged!

Lil' Bouncin' Buddies (18mo-4) CF MS

Get your 18mo-4 year old little ones moving to the beat of age appropriate songs and games. Parent/guardian attendance required; participation encouraged!

Mind & Body

Adaptive Yoga F CS B CH

Ideal for pre and post-natal moms, injury recovery and people with mobility challenges.

Bender Ball® F CS MS CH

Movements to enhance core activity through Pilates and functional training exercises.

Chair Yoga F CS B CH

Enjoy the benefits of yoga utilizing a chair for support.

Fusion Yoga/Pilates F CS B CH

Enjoy the exploration of different yoga styles combined with Pilates.

Gentle Yoga F CS B CH

Breathing and relaxation in postures that are gentle on the joints.

Hatha Yoga F B CH

Series of traditional postures that release tension and stress.

Iyengar Yoga F CS B CH

Emphasis on detail, precision and alignment in the performance of posture and breath control.

Pilates F CS MS CH

A sequence of carefully performed movements that strengthen the body, open joints and release tension.

Power Yoga F CS B MS CH

Dynamic and challenging high-energy workout for experienced yogis.

Restorative Yoga F CH

Signed to revitalize the body and energize the spirit. Please bring a blanket or towel.

Somatics F CH

Moving, sensing and feeling the body through exercise.

Stretch F

Improve range of motion, joint health and posture.

Tai Chi F B CH

A form of Martial Arts that builds strength and balance.

Vinyasa Yoga F CS B MS CH

Series of poses that unite movement with breath.

Water Exercise

Aqua Fit CF CS MS

Low impact water exercise in shallow water. Non-swimmers welcome.

Aqua Interval CF CS MS

A tough workout that utilizes intervals and high intensity activity.

Aqua Mind Body F CS B CH

Movement is linked with breath creating awareness and relaxation.

Deep Water CF CS MS

Non-impact exercise in deep water with assistance of a flotation belt.

Hydro Core CF CS B

Uses the instability of a floating mat on the water to work the entire body.

Hydro Healing CS B MS

Gentle exercise designed to enhance joint mobility and is beneficial for participants with chronic health conditions.

