

Group Fitness Classes

Abdominals – A half hour class strictly concentrating on the core. Guaranteed to “assault” your abs in every way, this is a great addition to any workout.

Barre – A total body workout designed around the ballet bar that lifts your seat, tones your thighs, abs and arms.

BOSU Pump - Here is your chance to learn how to use that 1/2 ball on a platform that you have always wondered about. Try this new class for a great full body strengthening workout along with some great cardio moves.

Boxing Conditioning - This class combines the fundamentals of boxing along with cardio work which is essential for a boxing program. Participants will learn proper punches and footwork, utilizing the heavy bag, speed bag and double end bag.

Cardio Circuits – A 45 minute class designed to get your heart rate up and increase endurance. Instructors will take you through a variety of cardio based circuits. Be ready for anything and be ready to sweat!

Cardio Dance Fusion - An addictive fusion of dance styles that puts the emphasis on having fun as much as breaking a sweat. Come meet new friends, enjoy the sensation of dance and leave feeling re-energized! This class will use choreography, across the floor combinations, barre work and mat work to give you the ultimate fun that only dance can deliver.

Circuits –A high intensity, electrifying workout combining resistance training and aerobics. This class employs various circuits to not only keep participants interested, but also to provide a total body workout. It combines cardio, strength and flexibility exercises into one comprehensive and maximizing program. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise. Circuits is an all-level class that allows participants to work at a pace that challenges the individual.

Dirty Thirty - The Dirty 30 is your early morning wake-up call! It is never the same class twice, but always offers a full-body workout and variations to guarantee everyone gets a workout. This 30 minute class is structured around a HIIT or Tabata concept with 30 or 50 second full-on rounds and 10 seconds of rest hitting muscles, cardio, or combination of both.

Fit Beginnings - Ideal for someone just starting an exercise program. Low impact exercises and muscle conditioning.

High Intensity Interval Training (HIIT) – a full-body, heart-pumping workout. Combine strength and endurance training with high-intensity cardio bursts. Set to energizing and motivational music. Modifications for all fitness levels.

ICE (Intermediate Circuit Extreme) - A fun new workout for all fitness levels but geared to the intermediate individual. Lower impact exercise that still gets the heart pumping and makes the muscles burn. Enjoy a wide variety in this class with different themed workouts.

Insanity Live - Challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. Moves are easy to follow—but the workout WILL challenge you, change you, and get you in the best shape of your life.

Intervals - a class designed to hit strength and cardio all in a fun 45 minute class. Class is formatted in 1 and 2 minute interval sections of work where you vary your exercise to get the best workout for you. Come join us on Saturday morning!

Muscle Madness— A total body workout that focuses on the small and large muscle group. It uses various equipment to increase strength and your metabolism, so come on...join the fun.

Muscle Tone & Trim – Muscular strength and endurance exercises for total body conditioning, great for all levels. Hand weights, body bars, bands, and balls are used for this workout.

Pilates - Pilates is a body conditioning method based on the fusion of body and mind which results in improved posture, flexibility, strength and the transformation of the way a person's body feels, looks and performs. Pilates is different from other forms of exercise as it focuses on multiple muscles groups at the same time. We will focus on: Alignment, Breath, Concentration on Core strength, Control and Stability.

PiYo - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Pound - This trendy class is so fun, you don't even realize you are burning some serious calories. With the help of weighted drumsticks and fast-paced dance routines, this class will get you fit and you'll have a fabulous time.

Pump & Roll - A relaxing class that concentrates on one specific area (sometimes class choice) for the majority of the class time. Then training with the foam rollers and/or proper stretching to regain muscle ability.

RowFIT - Mix up your cardio with this new 30 minute class. You will work through a circuit of exercises on and off the rower that will get the heart rate pumping and the body moving.

Step – Prior step experience recommended. Cardiovascular workout using the step and a variety of equipment for muscle conditioning followed abdominal workout and cool down.

Suspension – This class offers a new form of exercise for people of all abilities; harness your own bodyweight to create resistance as you train. The Jungle GymXT Suspension Trainers allow you to leverage your own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously.

Suspension & Kettlebell – Through a combination of two amazing pieces of equipment you will get a great strength and cardio workout in just 30 minutes. Using straps the anchor from the ceiling to leverage your body weight and kettlebells we are able to put together an awesome workout that

forces core stability and challenges your strength. Come join us for this one of a kind class over your noon hour.

Tabata – 20 seconds of work, 10 seconds of rest for 8 rounds, class will incorporate bodyweight strength and cardio moves as well as resistance training moves. Class is a high intensity workout and designed for any ability level.

Yoga - All classes are variations of Ashtanga Yoga classes that differ per instructor.

Zumba - Zumba combines Latin dance moves with aerobic fitness exercises to make a hip-shaking, body moving class. Come ditch the workout, and join the party!

Cycling Classes

Cycle N Strength - This is a 30 minute class for all levels with the ability to tailor the workout to meet your needs and your experience level. Bursts of cycling with a variety of strength training exercises that will give you a total body workout.

Morning Cycle - A cycling class for all based on varied intensities. From speed work to slow climbs working at different resistance levels throughout, you are guaranteed a heart raising, fat burning workout.

Power Cycling - This class is a full 60 minutes of indoor cycling focused on power and strength on the bike.

Specialty Classes

Boot Camp - An intense conditioning class that integrates cardio exercises with muscle conditioning exercises. Classes are held outdoors and off-site. Classes are also seasonal.

Fee: \$24 for Y members, \$40 for non-members.

Martial Arts - The Quincy YMCA offers a traditional Japanese Karate program that teaches blocks, punches, kicks and stances. This class includes strong discipline, values and fun!

Fee: \$35 for members, \$67 for non-members.