

Group Exercise Class Descriptions

Adult Aikido – Build your poise, confidence, self-expression and leadership through the traditional Japanese martial art of Aikido. Ages 13 & Up.

Barre – A full-body conditioning class sure to awaken your inner strength. This low-impact trifecta helps you reach deep muscular heat through lower, upper and core body exercises that focus on posture, stability and strength.

Body Sculpt – Come use a variety of props and toys (hand weights, stability balls, bands, etc.) that will help you find new muscles and tone the more familiar ones.

Boot Camp – Try out this full-body workout with intervals of intensity. You're in control of how hard you work. It's dynamic, it's fun! Gather motivation and drive from others in the room.

Cardio Dance – This class is a fusion of cardio, dance, booty-shaking and strength all rolled into 60 minutes of fun! All levels of fitness welcome.

Cardio Fuse – This class blends elements of aerobics, kickboxing, plyometrics, resistance training, and core work for a full body workout. Using a mini loop band, you will ignite the arms with the legs in toning tracks and spike your heart rate in the cardio tracks. The music will push you to new limits in Fuse while having a great time.

Cardio Strength – Total body workout set to fun and motivating music. Perform cardio combos and drills while using a variety of equipment to improve your overall fitness and strength.

Chair Fitness – With seated and standing options, everyone chooses what's best for them! Expect to improve your cardio, strength, balance and flexibility, and have a lot of fun too!

Full Body Fusion – A little bit of weights, a little bit of cardio, a whole lot of fun! This class combines full body weighted blocks with quick cardio bursts for maximum impact.

Fusion Fit – Enjoy full-body cardio dance and strengthening with Pilates/yoga/weights. A multi-level class that is accessible and effective for all.

HIGH Fitness® – HIGH Fitness takes old-school aerobics to the next level by combining simple, modern fitness techniques such as HIIT training, plyometrics, and intervals of strength and cardio with music you know and love. HIGH Fitness is simple, intense, consistent, inclusive and fun!

Low Impact Aerobics – Join a group that loves to move, dance, laugh, chat and work together. Both your brain and body will get a nice workout. Expect to sweat and use resistance equipment.

Mix-it – Mix it up and keep your body guessing while sweating away the day's stress! Join us for a challenging, full body workout incorporating various types of intervals, resistance, endurance, strength and fun!

PiYo™ – This is a high-intensity, low-impact workout for a new kind of STRONG. Take the very best Pilates and Yoga inspired moves and crank up the speed to give you a full throttle cardio, strength, and flexibility training. Bring a yoga mat.

Reclaim Fit – Time for you to RECLAIM your strength, balance, range of motion and stamina. Whether you want more support starting out or are returning from a medical curveball, this class is for you.

R.I.P.P.E.D.™ – Join us for a workout that will have aspects of Resistance – Interval – Power – Plyometrics – Endurance...It's downright fun!

Strength & Stretch – Strength and stamina is important at every stage of life. Join this class with those who choose to keep active and stay strong. The offering of modifications allow everyone to feel successful and supported.

Strong & Balanced – Don't have the strength you want? Not as sure-footed or agile as you'd like? Join us as we use resistance training, stability balls and floor exercises to keep our bodies strong, balanced and ready for active living!

Tabata – Tabata is a High-Intensity Interval Training program that has been scientifically proven to help increase endurance and performance for your cardiovascular and muscular systems. In this class you alternate between 20-second intervals of all-out effort and 10-second intervals of rest eight times each round, with a one minute break between rounds.

Turbo Kick® – Move and groove your way into a healthy you. Come prepared to kick, punch, sweat and shake it to high energy, Top-40 inspired music. It's a blast – you'll be hooked.

U Can Gym – This class is designed for those with mobility limitations to build their strength and endurance. With staff guidance and our adaptive equipment, we aim to support you getting stronger. If you require full-time assistance, an attendant is welcome.

WARRIOR Strength™ – Come release your inner warrior in this modifiable strength and cardio class – HIIT, strength and sculpting with weights, and tons of fun. WARRIOR Strength™ is for everyone and every level whether they want to sweat, feel their muscles burn, or both!

Y Sculpt – Come feel the burn by building muscle strength and endurance. We'll target one muscle group, one song at a time! Low weights with high repetition is sure to sculpt your body and leave you feeling great!

Yobata – YoBata is low impact, high-intensity kind of FUN! It incorporates Yoga, Pilates and Barre inspired moves fit into a Tabata format that will build strength and flexibility at the same time. Bring a yoga mat.

Zumba® – Looking for a booty-shaking fun time, but don't want to have to stay out late to find one? Come get your Latin and International groove on. Ditch the workout. Join the party!

- Reservations open 3 days in advance at the time of class and *are required for all classes*
- To cancel a reservation, refer to your registration confirmation email or call the Y at (541) 686-9622
- Drop-in spots are available only if class isn't full
- **For your safety, it is recommended you consult your physician prior to starting any exercise program**
- **Classes are for ages 15+. Check with the class instructor for exceptions**

Mind-Body Class Descriptions

Core Pilates – Start on the inside and work out; that’s the idea when strengthening your core. This class incorporates Pilates and yoga principles to build your strength, posture, range of motion and flexibility.

Core Yoga – Help free yourself from common injuries and cultivate core awareness, strength and balance beyond the mat in this core-focused yoga class.

Flow Yoga – Some yoga postures (asanas) are static, others ask our bodies to move. Flow Yoga incorporates more of the movement poses (i.e. Sun Salutation); join us if you have a solid yoga base.

Gentle Yoga – If you can’t imagine standing on your head or wrapping your leg around your neck, but would love to stretch, breathe deeply and work on balance, you’ve found the yoga class for you.

Gentle Yogalates – Yogalates combines Integrative Yoga Therapy, Hatha, and the core strengthening style of Pilates. Align as you strengthen and stabilize your core, back, hips and overall body. Modifications offer something for everyone!

Hatha Yoga – Create the space to go within and develop strength, stability, and ease to move through your day. Your instructor can honor your starting place. Check in with them about any concerns before class.

Kundalini Yoga – Integrate spirit, mind, and body in this yoga practice that builds on basic postures and mindful breathing. Kundalini is designed to revitalize, strengthen and help you find relaxation.

MELT – Come release your body’s self healing powers with the use of soft body rollers and hand/foot therapy balls. In this class you’ll learn how to "MELT" away your aches and pains.

Taiji – "The Art of Conscious Movement" can benefit all ages and abilities; practice 108 Yang style Long form, some Qigong and Taiji introduction, as well as partner push-hands practice.

Vinyasa Restore – In this class, the first part of class begins with creative, slower paced vinyasa sequences. Then, we slow down and relax with expansive restorative poses for the last 30 minutes of class. Here, you are invited you to bring calmness to your mind and body and wind down at the end of the day.

Yin Yoga – Unwind and create balance inside and out in this restorative practice of long-held passive floor poses. The focus is on release of the hips, pelvis, inner thighs and lower spine.

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- All schedules are subject to change; download the mobile app or visit our website for the most up-to-date schedules schedules
- Bring a yoga mat for mat-based classes; a limited number are available to borrow