



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Class Descriptions

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

Ashtanga Flow - Join us as we move through themes from the Ashtanga Primary Series with a bit of the Western Modern Vinyasa influence. Moving through the traditional series of sun salutations, standing postures, seated postures, closing practices, and focused breathwork, this class will give you a vigorous and centered start to your day.

Ball Pilates - An intermediate-level Pilates class utilizing small and large yoga balls on the mat. This class will expand basic techniques such as stabilization, flexibility, and mobility. We bounce, lift, and stretch our way to a more balanced self.

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 Pump - The barbell workout. Using Les Mills Smart Bars™ we will achieve a full body strength workout, broken down song by song to focus on each part.

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

Candlelight Restore Yoga - Join us to release the stress of the day and enjoy the view by candlelight. This class will focus on restorative yoga with a theme of relaxation.

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 are welcome.

Cardio Fuse - Cardio Fuse blends elements of aerobics, kickboxing, plyometrics, resistance training, and core work for a full-body workout. Using a mini loop band,



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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 in the process.

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!

Chair Yoga* - We will explore yoga practices while finding a breath and movement connection with the support of a chair. The support may make some standing postures more accessible. The chair may also help people who can easily achieve those postures tune into the subtle alignment throughout the body. While seated participants will explore forward folds, twists, hip openers, and mild backbends all with the added benefit of breathwork. Chair Yoga is open to all levels.

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 Pilates 2 - This mat-based Pilates class will take the strength of your powerhouse muscles to the next level. If you are ready to amp up your core training, this is the class for you.

Cycle Power- You set your goals; we will set the stage. Using feedback and metrics from your bike with motivation from the instructor, take complete control of your cycle workout.

Cycle Rhythm - Let's get into the groove as we ride through a rhythm-fed workout. Song by song we will work together, sweat together, and maybe even sing together!

Family Capoeira - Capoeira is an Afro-Brazilian martial art and game that includes elements of dance, music, and play. All ages are welcome to join in and experience the spirit of the art form together.



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Family Yoga - Bring your toddler to preschooler with you to enjoy healthy movement and a story. This is a time to bond and grow together! Adults register for you and your littles.

Flex & Flow - Get the best of both worlds in this combo class of 30 minutes for moderate high-intensity circuit training and 30 minutes of flow yoga. Each month the circuit and flow series will be designed to complement each offering full-body work and a rotating focus.

Flow Yoga - A dynamic practice using the vinyasa transition and moving more quickly from posture to posture. We open the mind/ body/ breath connection through fluid movements and focused breathwork

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

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 Yoga & Meditation - Enhance your well-being with gentle yoga. Cultivate deep relaxation and peace of mind with movement, breath and guided meditation.

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.

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!

Kids Aikido - Learn coordination of mind and body; discipline, confidence and respect for others. You may start at any time of the year, we just ask that you observe one class before beginning. Parents and guardians are welcome to observe all classes. Ages 6-12 years.



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

MELT Restore - 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.

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!

NIA® - Nia is a unique 60-minute barefoot cardio-dance workout that leaves you physically energized and emotionally balanced. With 52 simple moves fusing dance, martial arts, and healing arts, you'll tone your body while transforming your mind.

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 full-throttle cardio, strength, and flexibility training. Bring a yoga mat.

Reclaim Fitness* - 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 Cardio - Join us for a workout that will have aspects of Resistance - Interval - Power - Plyometrics- Endurance. This version of the traditional R.I.P.P.E.D. series will focus on cardio training to get you pumped for your day.

Rise & Align Yoga- Join us bright and early for this gentle flow class that is designed to build energy as you prepare to move into the rest of your day.

RPM™ - Your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!



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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 allows everyone to feel successful and supported.

Step Aerobics - Join this high-energy, classic cardio workout! Step Aerobics utilizes an elevated platform while doing upper-body movements and is a total blast! It incorporates repetitive routines set to upbeat music that will have you working up a sweat while having fun and getting your heart rate up!

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!

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.

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.

WALK TOGETHER - This class will combine walking, stretching and functional movements with activities designed to foster connections and encourage community. Get your heart rate up, explore movement patterns and make new friends.

WARRIOR Fight & Flow™ - WARRIOR Rhythm™ and WARRIOR Combat™ are two invigorating fitness programs designed to awaken your inner warrior. WARRIOR Rhythm™ merges yoga, weight training, HIIT and mindfulness. Enhancing strength and balance through rhythmic flow. While WARRIOR Combat™ draws inspiration from boxing, offering high-intensity intervals, strength training, and music-driven fight combinations for an empowering experience. The fusion of these two WARRIOR formats will have you feeling graceful and fierce!

WARRIOR Rhythm™- Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and



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weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

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 are sure to sculpt your body and leave you feeling great!

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

Yoga Nidra - Also known as yogic sleep, Yoga Nidra is a practice of deep relaxation that fosters the mind-body connection. Join us to release tension and stress throughout the body and mind.

Specialty Series Class Descriptions

These classes have limited capacity and a fee. They run for 4-weeks and registration is available through the program section of the app or website.

Aerial Flow Yoga - Using Aerial Yoga Swings this class will build heat, allow your body to find moments of flight, and encourage you to find a mind-body connection while exploring strength within the stretch from the additional support of the swings. Come fly with this class if you are ready to go upside down and bring your feet off the floor.

Bingocize* - PeaceHealth and Eugene Family YMCA came together to offer a 10-week program that focuses on exercise, fall prevention, and fun. Combining the game of bingo, exercise, and health education, Bingocize aims to improve upper and lower body strength, balance, gait, social engagement, and knowledge of fall risk reduction. Registration for the series required through our program section of the app or website



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SMALL GROUP CIRCUIT TRAINING - Join a small group ready to get it, get it done and get going! This is a 30 min, no-nonsense circuit workout led by a certified Personal Trainer. In this workout functional training meets full-body strength and bursts of cardio. The small size means you get more attention while still getting motivated by working as a group.

TRX Small Group Training - Come join a small group focused on balanced strengthening from the core out. This small group experience will be able to modify for individual needs and provide all the motivation you need to get to your fitness goals.

TRX Circuit Training - Come join a small group focused on balanced strengthening from the core out. We will use cardio, dumbbells, and circuit-based training to accomplish our goals. This small group experience will be able to modify for individual needs and provide all the motivation you need to get to your fitness goals.