

Class Description

30/30- HIIT cardio split- with a mix of Cycle, Track time, core or lightweight circuits- You in for a fun mix-n-match workout with high energy

Active Older Adults- low impact aerobics, flexing and stretching, including some floor exercises.

Total Body- Strength class that focus on all major muscle group of the body. Uses a combination of barbell, plates and bodyweight exercises.

Morning Aerobics- combines rhythmic aerobic exercise, stretching, and strength training to improve all aspects of fitness

Pilates- mind-body exercise system that combines precise movements, controlled breathing, and muscle engagement to improve strength, flexibility, balance, and posture

Spin- provides a fun and challenging cardiovascular workout for all fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction.

Yoga- Relax your spirit, mind and body. Designed to increase flexibility by lengthen muscles and restore a positive mind/body balance. Reduces stress with less muscle tension

ZUMBA- Fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

Fitness Class

Policies & Etiquette

- Wear appropriate exercise attire (shorts & t-shirts) and supportive exercise shoes when necessary.
- Refrain from “doing your won thing”. Follow instruction by the fitness instructor to ensure a safe class. If you need to modify your runtime for a specific reason notify the instructor before class.
- Be on time. We request that you not leave the class before it is dismissed so you are assured a proper cooldown and stretch
- Wipe down and return all equipment to its proper place.

Twin Pike Family YMCA

614 Kelly Lane, Louisiana, MO 63353

573.754.4497

twinpikefamilyymca.org