CLASS DESCRIPTIONS

CARDIO

Cycle 30 / Cycle 45 | All Levels | 30 & 45 min.
Experience the ultimate cardio workout in this high-energy indoor cycle class. Your instructor will lead you through a variety of terrains to build cardiovascular strength and endurance while increasing your overall fitness.

Cycle/Stretch | All Levels | 75 min.
An ultimate cardio workout featuring a high-energy indoor cycling class designed to boost endurance and burn calories. Finish strong with a full active stretch to improve flexibility, aid recovery, and leave you feeling refreshed.

Dance Fitness | All Levels | 45 min.
In this HIIT inspired dance fitness workout, you will burn fat, build muscle, boost metabolism, and not only burn major calories during class, but continue to scorch them for hours after class finishes! You will be challenged, but you will embrace it as you step outside of your comfort zone.

Empower Kickboxing | All Levels | 45 min.
This high-energy, martial arts-inspired workout combines jabs, hooks, kicks, and knee strikes to improve cardio, build strength, increase endurance, and tone your entire body.

Zumba®
Come join our party! Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this inspiring, muscle-pumping, calorie-burning blast as you immerse yourself in the music and the rhythms.

CARDIO AND STRENGTH

Adult and Youth Mixed Martial Arts | All Levels | 45 min.
Unleash your striking, reaction speed, and functional conditioning in this high-energy, all-levels MMA class. Build on the core concepts of Jeet Kune Do, this program focuses heavily on technical partner drills, energy sensitivity, trapping and fluid range transitions. You'll master practical hand-to-hand combat, takedowns and more! Youth class is for ages 11-17.

BODYPUMP™ | All Levels | 60 min.
BODYPUMP™ is THE ORIGINAL BARBELL CLASS. This evidence-based, motivating exercise program will sculpt, tone and strengthen your entire body. Low weight loads and high repetition movements aid in burning fat and gaining strength.

Bootcamp | Intermediate/Advanced | 60 min.
This intense total body workout combines strength and cardio movements for a dynamic workout that will challenge and push you to a new level of fitness.

Cardio/Strength | All Levels | 60 min.
Burn fat and increase muscle tone with this invigorating, total body workout. With a mix of aerobic and strength training, you will be challenged to meet your fitness goals.

Endurance+ | Intermediate/Advanced | 60 Min
This advanced, high-energy workout combines aerobic exercise with strength training to improve cardiovascular fitness, increase muscular endurance, and boost overall fitness. Expect a dynamic and varied routine that will motivate and challenge you.

Indoor/Outdoor Bootcamp | Intermediate/Advanced | 60 min.
This intense total body workout combines strength and cardio movements for a dynamic workout that will challenge and push you to a new level of fitness. This class is held indoors and outdoors depending on the weather. If the temperature is 40+ degrees the class will be held outdoors. Please dress accordingly.

Power Circuits | Intermediate/Advanced | 60 min.
Using a variety of equipment, this circuit style class will raise your heart rate while combining strength training with cardio and functional movements to challenge your entire body.

Strength/Agility | Intermediate/Advanced | 60 min.
Elevate your fitness with our Strength and Agility class! This high-energy session blends powerful strength training, intense cardio bursts, and functional movement to help you build endurance, power, and agility.

Step/Strength | All Levels | 60 min.
This class begins with a 30-minute cardio segment of traditional step class and takes you directly into 30 minutes of total body strength work.

MIND-BODY

Barre | All Levels | 45 min.
Barre class is a low-impact, full-body workout inspired by ballet, yoga, and Pilates, focusing on small, repetitive movements and isometric holds to build muscular endurance, strength, and flexibility. Participants use a stationary barre for balance and support whilMPe performing exercises like plies, pulses, and core work, often incorporating light weights, resistance bands, and balls to target specific muscle groups until they fatigue.

Pilates | All Levels | 45 min.
Pilates is the ultimate class for core training! This class focuses on the abdominal and back muscles to improve core strength and flexibility. Most movements are performed while seated or lying on a mat.

Tai Chi - Beginner | All Levels | 60 min.
A gentle, low-impact class featuring slow, flowing movements and mindful breathing to improve balance, flexibility, and relaxation. Suitable for all fitness levels, with options to modify movements as needed.

Tai Chi - Chen 74 Form | All Levels | 60 min.
74 movements from the Chen style of Tai Chi—the oldest form of Tai Chi. Slow, flowing movements for control and balance. Explosive bursts of energy (called fa jin). Spiraling, circular motions that improve coordination and strength. Chen 74 is a dynamic and athletic Tai Chi style.

Tai Chi - Chen 74 Form | All Levels | 45 min.
Move, breathe and restore with Qi Gong - a gentle mind-body practice combining flowing movements, mindful breathing and focused awareness. This class is designed to improve balance, flexibility, mobility, relaxation, and overall well-being. Leave feeling refreshed, centered and energized. All fitness levels welcome.

YOGA

Gentle Yoga | All Levels | 60 min.
This slower paced class is focused on stretching, breathing and relaxing. It's designed to be adaptable and gentle on the body. Suitable for all levels, but aimed for a beginner with Yoga.

Hatha Yoga | All Levels | 45 min.
In this Hatha Yoga class, you will master balance, breathing, muscle control, and flexibility while deepening your mind-body connection. This slower paced class will hold positions for 30-60 seconds as you are guided by the principles of yoga philosophy and the chakra system, to enhance your practice. Classes end with 5-10 minutes of meditation.

Power Yoga |Intermediate | 45/55 min.
Challenge your strength, balance and flexibility in this powerful vinyasa style class. Strong emphasis on breath to movement and building strength whilel encouraging presence and focus.

Yoga 1 | Beginner | 45/55 min.
This slower paced, yet still challenging, mat class (no chair) is geared towards those looking to build the foundation of their yoga practice. Props and modifications will be offered for proper alignment, teaching students to find ease and confidence in their practice.

Yoga 2 | All Levels | 45/55 min.
In this class you'll be using your breath to flow through a vinyasa style class. While focusing on alignment, options will alwyas be offered to either modify or challenge further. You will be elevating your heart rate, boosting your circulation and getting a dynamic full body workout.

Yogalates | All levels| 60 min.
This fitness fusion class combines Yoga and Pilates, blending the flexibility, balance, and mindfulness of yoga with the core strength, posture, and muscle toning of Pilates.

Yoga Sculpt | Intermediate/All Levels | 45 min.
This class takes yoga to a new level. Using light weights, participants will get their heart rate up with interval training. While suitable for all levels, this class moves at a much faster pace than a traditional yoga class.

STRENGTH

Body Sculpt | All Levels | 30 min.
Sculpt and tone your entire body with this core, upper, and lower body workout. This comprehensive class focuses on building strength, endurance and flexibility through a combination of exercises that target your core, arms, legs and glutes.

Bodyweight Conditioning| All Levels | 60 min.
A full-body conditioning class using your own body mass and gravity as resistance. Build functional strength, boost cardiovascular endurance, and improve your core stability with zero equipment required. Every movement can be modified or progressed, making this workout perfect for all fitness levels.

Core Sculpt | All Levels | 30 min.
Core Sculpt will strengthen your core through a series of focused movements as you improve your body's overall functional strength, balance and coordination.

Strength+ | Intermediate/Advanced | 30 min.
This challenging workout is designed for intermediate to advanced lifters. Strength is a 30-minute class focusing on complex exercises, progressive overload and functional movements. This efficient total body workout will boost your metabolism, build strength and enhance your athletic performance.

Seated Strength | All Levels | 45 min.
A low-impact, chair-based strength class designed for those who prefer or need to remain seated. Using light weights and controlled movements, participants will build strength, improve mobility, and support everyday function in a safe, welcoming environment.

TRX | All Levels | 60 min.
Created by a Navy Seal, these iconic yellow and black straps have proven to improve core stability, total body strength, flexibility and mobility. This challenging class allows you to start as a beginner and progress naturally as you build muscular strength and endurance.

TRX Advanced | Intermediate/Advanced | 60 min.
Created by a Navy Seal, these iconic yellow and black straps have proven to improve core stability, total body strength, flexibility and mobility. This challenging class allows you to progress to the next level as you build muscular strength and endurance.

BEGINNER/ LOW IMPACT/ SENIOR

Balance | Beginner/Low Impact | 45 min.
This balance class is designed for older adults and those with chronic health conditions. Using a chair or standing, you will work on building strength and improving balance, and gain confidence in your everyday movement patterns.

Cardio/Strength (Lite) | Beginner/Low Impact | 45 min.
Stay strong, healthy and vibrant with this low impact class. This "Lite" cardio and strength class incorporates choreographed aerobics, strength training and flexibility.

Strength for Life | All Levels/Low Impact | 30 min.
This welcoming, low-impact class is designed for seniors newer to strength training. The focus is on building functional muscle, improving balance and protecting joints using light dumbbells, resistance bands and bodyweight exercise.

Y Foundation Fitness | All Levels/Low Impact | 45 min.
This low impact foundational fitness class focuses on exercises to improve your overall strength, balance and fitness in a relaxed, social setting.

AQUA

Aqua Cardio | All Levels | 45 min.
Aqua Cardio is taught in the shallow end of the pool. This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

Aqua Strength and Core | All Levels | 45 min.
This aqua fitness class will help increase flexibility, strength and cardiovascular endurance. Movements are accompanied by music. Members should be comfortable in the water, but swimming skills are not necessary.

Aqua Zumba® | All Levels | 50 min.
Aqua Zumba is a low-impact, high-energy pool workout that blends the Latin dance-inspired movements of traditional Zumba with the natural resistance of water.

ELEVATE at the Y ($ = ADDITIONAL FEE)

($) ELEVATE 45/60 | intermediate/Advanced | 45/60 min.
45 or 60 minutes. One workout. All Disciplines. No Limits.
High-intensity fusion of strength, cardio and endurance. Elevate every session – strength, speed, power and agility. Pure cross-training. Raw. Effective. Built for performance. Train hard. Recover smart. Repeat.

($) ELEVATE HYROX Training | Intermediate/Advanced | 60 min.
Eight runs. Eight stations. One powerful workout. Build strength. Boost endurance. Improve performance. Utilizing the SkiErg, sled push, sled pull, burpee broad jumps, rower, farmer's carry, sandbag lunges, and wall balls, you'll challenge your body, sharpen your mindset, and uncover what you're capable of. Every workout is scalable, empowering you to improve performance at your own pace. Train with purpose. Build resilience. ELEVATE your potential. ELEVATE at the B.R. Ryall YMCA is an official HYROX Training Gym.

ELEVATE Recovery Lab | All Levels | 45 min.
This focused recovery session combines mobility work, stretching, foam rolling, and activation exercises to improve movement quality and support total-body recovery. Utilizing foam rollers, straps, and mats, you'll release tight muscles, improve flexibility, increase mobility, and build a stronger foundation for your workouts. Leave feeling refreshed, restored, and ready to ELEVATE your next performance.

($) ELEVATE Youth | Ages 12-15 | 60 min.
Build a stronger, more powerful foundation. This class focuses on developing the key athletic positions that drive success in a variety of sports. Athletes will work on improving arm strength, core stability, and single-leg balance – all essential for explosive movement and injury prevention. Through targeted strength, mobility, and coordination drills, participants will enhance their overall athleticism