

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Specialty Fitness Classes

Pilates

The Pilates method of body conditioning is a unique system of stretching and strengthening exercises. Pilates strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind while creating a more streamlined shape.

*Pilates I: Tuesday & Thursday, 9:00AM
Wednesday, 10:10AM*

*Pilates II: Tuesday & Thursday, 4:30PM
Wednesday, 5:00PM*

Yoga

You can begin to realize the benefits of yoga practice instantly in your life. Every time you practice, you can improve your strength, flexibility and concentration. After each practice, you will feel refreshed and revitalized with a lighter and more comfortable mind and body. Yoga is a tool to enhance your health, strengthen your body, create greater mental clarity, and deepen self-awareness. Some of the clinically documented benefits of yoga are:

- *Stress reduction & relaxation*
- *Increased strength, stamina, & flexibility*
- *Injury prevention*
- *Pain reduction*
- *Increased health and immune system*
- *Improved posture and muscle tone*
- *Better circulation and oxygenation of the blood*
- *Improved function of the organs*
- *A more positive outlook on life*
- *Greater mental clarity*
- *A sense of balance and internal harmony*

Stress release is one of the key benefits of yoga in modern day perception. According to the medical establishment, 70% of all diseases are stress related. Clinical studies show that meditation, asana, and breathing are powerful tools for stress reduction, as well as easing heart disease, high blood pressure, substance dependency, depression, and anxiety.

Yoga I: Monday & Wednesday, 8:00AM

*Yoga II: Tuesday, 12:00PM
Tuesday & Thursday, 5:30PM*

Spin

Spinning is a term for indoor, group-stationary cycling led by a certified instructor. It is a non-impact workout that can be enjoyed by participants of all ages and fitness levels. A series of cycling movements are used that provide the participant with both a physical and mental workout. The intensity of your workout can be adjusted by manipulating the resistance knob, which is located on each spinning bicycle. Individual cycling in the home or gym without any form of guidance or encouragement is regarded by many people as “boring”. With no complicated moves to learn, a motivating group environment, and music that begs your legs to pedal, you'll find yourself having a blast while you ride your way to a leaner, stronger body. This 45 minute instructor-led workout includes a warm-up, cardiovascular, cool-down, and flexibility phase.

*Spin II: Tuesday & Thursday, 5:45AM & 6:45PM
Thursday, 12:00PM
Monday & Wednesday, 6:05PM*