

IF YOU LIKE YOUR CLASS MAKE SURE YOU PARTICIPATE AND BRING FRIENDS. IF NUMBERS STAY LOW YOU MIGHT LOSE YOUR FAVORITE CLASS.....VOTE WITH YOUR ATTENDANCE!!!!

N=No impact. L=Low impact. HI=High intensity. M=Moderate

AFRICAN DANCE = Different styles of African Dances with life drums playing! Any level and/ or age welcome! L/M/Hi	
BEGINNERS YOGA = Learn basic yoga postures designed to relax, stretch, strengthen and renew No music N	
BODY MOVEMENT = Gentle exercise at the bar and/ or chair. Strength exercises using dumbbells seated in a chair. N	
BODYFLOW = A combination of Tai Chi, Yoga, and Pilates; BODYFLOW will awaken your spirit through music, choreography, and movement .	
Allow your body to journey through strength, tone, flexibility, and relaxation. N	
BODYPUMP = the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups.	
Great music, awesome instructors, and your choice of weight inspire you to get the results you came for— fast! N	
BODYSTEP =A simple, athletic and fun workout using the step including great uplifting music! Tone your lower body, increase cardio and coordination! Hi	
BODYVIVE = A low impact aerobic exercise class integrating resistance training for strength and stability and flexibility and mobility work	
BODYCOMBAT = A fiercely energetic program inspired by a wide array of martial arts. Unleash yourself with BODYCOMBAT! HI	
BRYAN'S BOOTCAMP = Hard core high intensity interval training! Anyone welcome know your limits! HI	
CARDIO MIX = Traditional aerobics combined with strength exercises using, hand weights, barbells, dyna- bands and more. Excellent for beginner and/or seniors in good physical condition. L	
CHAIR YOGA 'N TONE = Gentle yoga postures plus resistance equipment. Strengthen and stretch, improve balance, breathe and relax. N	
CYCLING CLASS = Class taught on a stationary bike. Let your instructor take you through a virtual bike race accompanied by exciting music.	
ESTELATTE = A combination of Tai Chi, Yoga, and Pilates, strength, tone, flexibility, and relaxation by Ester! N	
ESTERCIZ = And intense workout using cardio, strength and endurance 3 different days of the week. M/Hi	
EXTREME ABS = Intense core workout using balls and MORE! N	
EXTREME CARDIO AND ABS = Ready to get your cardio "on"? Intense cardio followed by intense core work! HI/N	
INTENSE CARDIO MIX = Rotates between hi/lo, step, kick box and weights! Awesome workout and you never will be bored! HI	
GENTLE YOGA = Want to do yoga but are a little afraid it might be too much for you? This class is for you! N	
HARD CORE! = Another outstanding core class for the early birds! 5:50AM! N	
HI/LO 'N BATH = Low and or high aerobics followed with exercises for Buttocks Abs and THighs ! Hi/Lo	
HIP HOP = The latest dance moves on the latest music! Anyone welcome! Each month there is a new routine Lo/Hi	
KIDS CARDIO = Fun filled class with great music and moves your child will love! 4-10yr olds You can drop them off while doing Zumba in other room!!	
METABOLIC CIRCUIT CLASS = Great fun and easy workout keeping your heart rate up instructor led L/ M/ HI	
POWER FLEX = Weight training class that works your total body! N	
STEP MIX = Besides step aerobics, there will be some circuit, including strengthening and toning. M/Hi	
STRETCH 'N TONE = Gentle chair exercises and standing exercises working on strength, balance, flexibility and more! N	
WALKING CLASS = Meets in the lobby. Go with a small group a wonderful using the side walks in Salisbury. Starts and stops at the YMCS. L	
YOGA/STRETCH = A combination of Yoga moves and stretches all on beautiful music. Core strengthening is also included. N	
ZUMBA = Zumba combines high energy and motivating music with unique moves and combinations. It's a fusion of Latin and international themes! L/Hi	
ZUMBA GOLD =Same great fun as Zumba but geared towards the older active adults and beginners. L/ M	
ZUMBA GOLD 'N TONE = Same as Zumba Gold including toning exercises. L/M	

