

Fitness Classes

FREE/YMCA Members

\$5/POTENTIAL Members

Basic Step and Tone

Hilary Jones

Let Hilary help you reach your goals through heart-pumping step aerobics combined with muscle building weight training to tone your body.

Tuesdays and Thursdays 4:30-5:30 PM

Kickboxing

Jane Thompson

A staple of YMCA fitness, Jane's Kickboxing class is a great full-body workout using a combination of kickboxing and strength training exercises.

Tuesdays and Thursdays 5:30-6:30 PM

Saturdays 9:00-10:30 AM

Lunch Bunch

Hilary Jones

Hilary leads this circuit class that provides a perfect break in your day, through a mix of cardio and muscle building exercises

Mondays, Wednesdays, Fridays 12:00-1:00 PM

Water Fitness

Rebecca Sior

We have been perfecting this workout for years at the YMCA using the water's natural resistance to build and tone muscle. Check it out today!

Mondays and Wednesdays 7:00-8:00 PM

Healthy Happy Hour

Jenna Musser

Join Jenna at the YMCA before heading home for the day, this class features a Caribbean-style of music, a fun-filled workout and a light end to your day.

Mondays and Wednesdays 4:30-5:30 PM

Butts and Guts

Jenna Musser

Jenna's Butts and Guts class has quickly become a YMCA favorite. Tackle those problem areas through a series of circuits in this fast-paced, heart-pumping class taught by our no-nonsense Boot Camp instructor!

Mondays and Wednesdays 5:30-6:30 PM

Ab-Solution

Jenna Musser

30 minutes of busting abdominal work. This class is perfect for toning your Abs and losing those love handles. Join Jenna for a great end to your workout.

Mondays and Wednesdays 6:30-7:00 PM

Fitness Punch Cards

\$40/12 classes

** Ask about punch cards at the front desk **

Fitness Programs

Fitness Programs include 6 weeks of instruction in a specific area.

Resolution Boot Camp

\$50/Members

\$75/Potential

Are you ready to fulfill your New Year's Resolution? If so, then Join Jenna and others like you for this total-body workout. Jenna is one of our most popular instructors and promises to have you whipped into shape. Once you start this class, you won't want to stop.

Sign-up today!

Group Fitness Room

Monday/Wednesday/Friday 6:30-7:30 AM

Yoga-Lates

\$25/Members

\$50/Potential

A great mix of two similar disciplines (Yoga and Pilates), this class is lead by certified Yoga Instructor, Hilary Jones and is a great end to your day. Get your blood flowing and while you stretch your muscles. This class is perfect for all ages and ability levels. Yoga-Lates is one of our most popular fitness programs.

Fitness Studio

Tuesday/Thursday

6:30-7:30 PM

Youth Fitness Certification

\$25/YMCA Members

\$50/Potential Members

Youth Fitness Certification is designed to give students the tools that they need to have safe, effective workout sessions. Upon completion of the program, students will gain a certification allowing them to use fitness facilities in the YMCA before they are 14 (minimum age to use fitness facilities).

Ages 12-13

Tuesday/Thursday

5:30-6:30 PM

Strong Girls, Strong Minds

\$25/YMCA Members

\$50/Potential Members

This is a great program for girls to gain a healthy understanding of what it means to be a strong, independent female in today's society. Girls will take part in a variety of activities like exercise programs, rock climbing, team building, crafts and community service projects. Strong Girls is lead by instructor, Hilary Jones.

Ages 8-12

Tuesday/Thursday

5:30-6:30 PM

For information about Fitness Classes at the YMCA contact Fitness Coordinator Melissa Dally at mdally@lockhavenymca.com