

Whitehouse YMCA

Choose from a variety of classes to fit your exercise needs. All classes may be modified to your own workout level.

BodyPump	Original barbell class that strengthens your entire body. This 60-minute workout challenges all major muscle groups by using exercises such as squats, presses, lifts, and curls.
Circuit Training	Maintain an elevated heart rate while rotating between cardio and strength building stations or exercises. It's a one-stop exercise session! Stations or exercises last for an average of 1-3 minutes, giving everyone the opportunity to work at their own intensity and pace.
Gentle Yoga	A beginner yoga class. The class will be modified to accommodate several fitness levels and will offer floor, chair, and standing poses to challenge your level of fitness.
Group Flex	Choose your own weight load to complete a series of weighted repetitions focusing on all the major muscle groups.
Kickboxing	Jab, kick, punch, & shuffle to fun upbeat music in this high energy class, finish up with a variety of abdominal exercises.
Kids-N-Motion	A FUN, safe, and effective way for your child to make exercise an important part of their life. Enhance your child's confidence while improving their motor skill development, strength and stamina, and knowledge of different activities. Ages 3-5 yrs.
Kids Yoga	A beginner yoga experience taught through stories and poses designed for children ages 3-5 yrs.
Pilates	Mat Pilates takes you through a series of movements that focus on total body strength and flexibility using core muscles. Feel better with this balancing, low impact, mind-body workout.
PiYo	A combination of both Pilates and Yoga. Set in a relaxing atmosphere, you will continually be challenged by strengthening your back and core muscles. Improve your posture, increase your body awareness, and reduce stress. May use balls and bands.
Senior Strength	Designed to maintain or enhance the quality of senior living. Each class includes strength and cardiovascular training incorporating step, dance, Yoga, Pilates, weights, bands, and balls and more. Modifications shown, all levels welcome.
Step	A no frills step aerobics class designed to increase cardiovascular health and toning using bands, balls, and weights. Each step has three heights to choose from, modifications shown.
Zumba	An energetic hour of fun, sweat, and dancing designed for everyone! Created by Colombian "Beto" Perez using a combination of Latin and International music with dance themes, Zumba combines fast and slow rhythms to get your heart rate up while strengthening and toning the entire body. Come party with us! Zumba Gold is designed for beginners and Seniors. Zumba Toning combines the best of Zumba with hand-held weights for extra toning and upper body workout.