

Maquoketa YMCA Fitness Class Descriptions

Group Fitness Classes are for AGES 14+ unless otherwise specified.

Aqua Fit - Instructor Deb - Cardio and strength intervals utilizing bodyweight and water dumbbells for added resistance.

BODYATTACK - Virtual Instructor - High-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYBALANCE - Virtual Instructor - New generation yoga class that will improve your mind, your body and your life.

BODYCOMBAT - Virtual instructor - High-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.

BODYPUMP - Virtual Instructor - Total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.

Born to Move - Virtual Instructor - Fitness program for children and teens from Les Mills that combines music, movement, and games to help develop positive physical habits. Ages 5+

Cardio is Not Hardio - Instructor Reggie - A blend of cardio, strength, and core exercises for all fitness levels, making it perfect for beginners, those with physical considerations, and anyone looking to enjoy community fitness.

CORE - Virtual Instructor - You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Cycling - Instructor Sandy_ - Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training.

Dance - Virtual Instructor - High-energy workout that will challenge and move you.

Kettlebell - Instructor Sandy_ - High-intensity-ballistic workout that can help meet your toughest fitness goals.

On Demand - Virtual Instructor - Les Mills on Demand, also known as LES MILLS+, is an online fitness program that offers unlimited access to a wide range of workouts.

Power Hour - Instructor Amanda - Full body workout that focuses on weights to help build strength and power.

RPM - Virtual Instructor - Indoor cycling workout where you control the intensity.

Sit & Be Fit / Stretching & More- Instructor Reggie_ - This class is designed to achieve a total body workout of aerobic strength, and flexibility training through the use of a chair and light dumbbells.

Strength Training - Build muscle, boost endurance, and enhance athletic performance in this full-body workout. Using free weights, resistance equipment, and bodyweight exercises, this class challenges all fitness levels. Get stronger, improve balance, and crush your goals.

Yoga - Instructor Nancy - Gentle stretching exercise focused on balance, stability and mind and body connection.

Youth Yoga - Instructor Lindsay - This class introduces kids to the world of yoga through animated poses, books, music and games. Ages 5+