

Our classes at the Winona Family YMCA are geared to a wide variety of levels. Because they are taught in the advanced fashion, please notify the instructor if you need to be shown modifications. All the instructors will show high impact and low-impact, you must make the decision which level you will do. Remember not to perform an exercise that hurts, even if the instructor is coaching the class to perform an exercise. If it gives you any discomfort, please do not do it. When possible, please begin at an introduction or basic level if you are new to a particular class. Please do not hesitate to contact Lisa Rudrud if you have questions.

- Body Sculpt

This class will tone every muscle in your body. Using a variety of exercise equipment, this class will work you out.

- Boot Camp

Rev up your heart rate with a class that trains your balance, agility and stamina. May include running, jumping rope, push-ups, stations, stair running and more!

- CardioMix

CardioMix is a class for individuals that want a variety in their workout. CardioMix will include aerobics, step and toning as well as other aerobic activity.

- Core Training

Core training focuses on core muscles including abdominals, back, hips, glutes and pelvis. Strong core muscles help develop stability. Strong core muscles help distribute weight better to protect the back. Core training is functional fitness for everyday life.

- Indoor Group Cycling

This is a group cycling class where you work at an individual level. The instructor guides you through different terrains, while you set your bike at different resistance levels. Although the class is group structured, the workout is up to you. Before you embark on this excellent workout, you must have a spinning orientation. Please show up 10 minutes early for an orientation.

- Pilates

This class is 45 minutes of Pilates and sculpting. Pilates exercises are movements that concentrate on controlling the powerhouse muscles (abdominal, hips and back) while toning, firming and strengthening other body parts. Pilates is a total body workout that is great for the beginner exerciser to the elite athlete. Other sculpting exercises may include resistance equipment in the sculpting portion of the class. Please notify the instructor if you are new to the class.

- Progressive Pilates

A step above regular pilates with extra pilate challenges.

- Sports Conditioning

High intensity cycling with total body strength and sports endurance exercises. This class is posted on the cycling schedule.

- Step

Step aerobics is a combination of high and low impact moves. Mostly low impact, and all high impact moves can be modified. This class is all about stepping up and down, side to side and turning on a platform. Complex choreography is often involved, so if you are worried about not catching on, visit with Lisa Rudrud, fitness director, prior to beginning a class. Lisa can offer suggestions, private lessons, or suggest an introduction class.

- Step and Sculpt

How about step aerobics with muscle toning. That is what this class is all about. The instructor will combine the two forms of exercise in rhythmic intervals.

- Turbo Kick

Looking for a workout that can burn 500-800 calories an hour? How about a workout that is great for reducing stress and is fun? Try Turbo Kick. Turbo Kick instructors are trained and certified to teach you how to safely kick and punch your way to fitness.

- Vinyasa Flow

Yoga is a holistic approach to exercise that improves strength and balance. It will enhance the respiratory system, relieve stress, strengthen and tone. It will make you feel great. This is a challenging workout for beginners and advanced participants alike. Yoga is an individual challenge. Even people with poor flexibility can do Yoga. Yoga is all about the journey towards self-improvement mentally as well as physically. The class incorporates Vinyasa Flow, Power, Hatha and Kundalini style yoga combinations. Beginners and advanced are welcome. Please let the instructor know if you are new or have any physical limitations.

- Yogalates

Take the exercise benefits of yoga and the exercise benefits of Pilates and you will have a great workout. Yogalates will tighten and tone, sculpt and strengthen your muscles to create lean, long, strong and sculpted muscles.

- Yoga Stretch Yoga without intimidation is the name of the game here. If you do not think you can do yoga because you are inflexible, if you afraid of being turned into a pretzel, or you have some physical limitations, this class is for you. The instructor will cater to your specific needs by using props such as rolled mats, chairs and stability balls. Please let the instructor know if you are new or have any physical limitations.

- Zumba

Zumba combines high energy and motivating music with fun, easy-to-do dance moves. It is a feel-happy workout.