



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



20/20/20 ✦ AQUA ZUMBA® ✦ BARRE ✦ BODY BLITZ ✦ BOOTCAMP ✦ BREAK IT UP CYCLING ✦ CARDIO BLAST ✦ CARDIO BOXING  
 CARDIO DANCE ✦ CARDIO KICKBOXING ✦ CARDIO PUMP ✦ CHAIR YOGA ✦ CORE CONDITIONING ✦ CROSS TRAINING FOR RUNNERS  
 CYCLE AND SCULPT ✦ CYCLING ✦ DANCE FITNESS ✦ DANCE FUSION ✦ DEEP WATER  
 AEROBICS ✦ DOUBLE ✦ FLEX STRETCH ✦ FLOW  
 & DEEP STRETCH ✦ GENTLE YOGA ✦ H.I.I.T. ✦ HATHA YOGA ✦ HIP HOP DANCE ✦ HYDRO  
 POWER ✦ INDO-ROW® ✦ INSANITY® LIVE! ✦ JAB! ✦ KICKBOXING ✦ KIDS YOGA ✦ L.I.F.T. ✦ LATIN  
 DANCE ✦ LAUGHTER/ WELLNESS YOGA ✦ LES MILLS BODYPUMP™ ✦ LES MILLS CXWORX™  
 LES MILLS GRIT™ LINE DANCE ✦  
 MEDITATION MUSCLE  
 CONDITIONING ✦ PILATES  
 P I L A T E S REFORMER ✦  
 PILOXING ✦ PIYO ✦ PLYOGA ✦  
 POWER SCULPT ✦ POWER YOGA ✦ POUND PRENATAL YOGA  
 ✦ RELENTLESS ✦ RHYTHM N SHOES SHOCKWAVE ✦  
 SIMPLE STRENGTH ✦ SIMPLY CORE ✦ SLOW FLOW YOGA  
 STABILITY & CORE ✦ STEP ✦ STEP & STRENGTH ✦ STEP CHALLENGE ✦ STRENGTH & TONE ✦ SURFSET® FITNESS ✦ TABATA ✦  
 TAI CHI ✦ TRX® ✦ VINYASA YOGA ✦ WATER FITNESS ✦ WATER IN MOTION® ✦ WOMEN ON WEIGHTS ✦ YOGA ✦ ZUMBA®

# FIND YOUR CLASS

## YMCA OF CENTRAL OHIO

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