

Getting Started...

Do you need help beginning
or maintaining an exercise program?

If so, start here.

We've developed programs specifically with you in mind. We'll help you get back on track. Whether you are looking for one-on-one coaching or want to meet others in a group, we have exactly what you are looking for.

Healthy Lifestyles Coordinators

YMCA Healthy Lifestyles coordinators help you to set goals, learn nutritional basics and select classes that match your fitness level. Your exercise program will be unique to you because they are designed to match your level of fitness and your lifestyle. Not only will coordinators assist you with your exercise routine they will be your guide to the programs, classes and clubs that we offer. Coordinators are available seven days a week and appointments are FREE!

Please visit our Welcome Center to schedule an appointment.



Ozarks Regional YMCA

We build strong kids, strong families, strong communities.

orymca.org

Basic Step and Abs

This class was created to teach the basics of step aerobics. Class includes abdominal work.

M/W 7-7:45PM

Cardio Kickboxing

This class is ideal for the exerciser who needs to set their own pace in an aerobic class.

Th 7-7:45PM

Fitness Express

Short on time? In a fitness rut? Mix things up with our 30 minute FITNESS EXPRESS class. Our certified personal trainers will energize you through a circuit style weight training program focused on gaining strength and overall toning.

M/W/F 8:30-9AM Breakfast Burn

M/T/W/Th/F 9:30-10AM Body Sculpt

M/W/F 5:30-6AM Happy 1/2 Hour

Go 'Ball'istic

This is a fun, energetic class for all fitness levels that utilizes the stability ball and the medicine ball to work the core and legs. Perfect for the beginner.

Th 4:30-5:30PM

H₂O Aerobics

This class was created for individuals that need a basic introduction to water aerobics. T-shirt required.

T/Th 2-2:45PM

Pilates 101/Abs

This class was designed for those who want to learn the basics of Pilates and gain strength at the same time.

W 5:30-6:30AM Pilates 101

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Th 10:30-11:30PM Pilates 101

Sat 9-9:30PM Pilates Abs

Thin-a-Buns

This class was designed to tone and strengthen the lower body with lunges and squats as well as other innovative moves.

M/Th 5-5:30PM

Yoga

This class is ideal for anyone wanting to gain flexibility and enjoy a peaceful and relaxing environment.

M 6:30-7PM Yoga Express

T 9:15-10:15AM Yoga

T 4:30-5:30PM Yoga

W 8-9AM Yoga

Th 6:30-7PM Gentle Yoga

F 4:30-5:30PM Yoga



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