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cortland ny

Land Descriptions

YWCA IS ON A MISSION

All Land programs are included in the monthly Land Package unless indicated otherwise. If you have the Land & Water Combo Package, you get everything on this sheet and all of the Water programs! Schedules are available at the front desk and on our website.

STRENGTH & CARDIO

Balanced & Strong: Cardio-focused class featuring side-to-side motions, single-leg work, and centering exercises to improve balance, build strength, and enhance stability. Steppers and BOSU ball equipment are added with coordination.

Boomer Nation: Lower-intensity aerobics class focused on functional fitness, balance, and core strength. Use mats, steppers, light weights, and resistance bands to build mobility, stability, and overall strength.

SilverSneakers® BOOM MOVE: A fun, dance-inspired workout. The class improves cardio fitness with easy-to-follow moves and energizing music.

Cardio Pump: Medium to high-intensity cardio class using mats, steppers, weights, and fitness balls to tone muscles, build endurance, and burn calories.

Get Fit Fridays: Combines step aerobics and muscle conditioning to build strength, stamina, and coordination through upbeat, full-body movement.

Kickboxing: High-energy class combining punches, kicks, and muscle conditioning using steppers and light weights to improve coordination, balance, and mobility through dynamic, full-body movement.

Mash-up Monday: High-energy class featuring a different workout each week, from step and kickboxing to hi-lo and conditioning.

SilverSneakers® Classic: Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Heavy Lifting for Active Agers: Strength class using mats, hand weights, barbells, and steppers. Build and maintain muscle safely. Lift at your own pace with low repetitions and longer rests.

Senior Fit 101: Start your fitness program with the basics of strength training, joint flexibility and movement. Feel free to use a chair for added support if needed.

GYM & RECREATION

Indoor Walking Challenge: Get your steps in, stay accountable, and connect with others in a climate-controlled environment, on stable ground, all year long! Free and open to the public.

Pickleball: For competitive players to get a few good rounds of play in! Beginner, intermediate, and advanced players are welcome to play here (registration required).

Goodminton: Come play a fun, easy racket game designed for all ages. It's perfect for introducing children to racket sports and offers low-impact playing for adults. No nets needed, set your own boundaries.

Badminton: Stay active by playing a fast-paced racket sport and improve your fitness and coordination in a fun environment. All levels are welcome.

Open Gym: Whether you're shooting hoops, kicking a ball around, or getting your steps in, we provide a flexible space and a variety of equipment. Please return equipment after use and have fun!

Updated 8/24/2026

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MIND BODY & SPIRIT

Barrelates: Dynamic fusion of barre and Pilates designed to sculpt, strengthen, and lengthen the entire body. This low-impact class builds strength, improves posture, and increases flexibility.

Barre Pilates: Low-impact, high-intensity class blending the precision of Pilates with the flow of ballet. Using the barre and a mat, you'll build strength and tone muscles to improve posture, increase endurance, and boost confidence.

Crafting Community: Bring Your Own Crafts! This is a creative hour for you to relax, share inspiration, and learn from one another how to knit, bead, do embroidery, or anything else you can think of.

Gentle Yoga: Flow class featuring gentle movement, breathing, and supportive props designed to help you ease into your day with accessible movement, relaxation, and a calm mind.

Restorative Yoga: Slow, deeply relaxing class using blocks, bolsters, and blankets to support the body. You'll release tension and improve flexibility.

Mat Pilates: Low-impact class using mats and balls to build core strength, improve posture, enhance flexibility, and boost coordination. Through controlled movements and mindful breathing, you'll increase balance, stability, and muscle tone.

Mobility Fusion: High-intensity class with full-body exercises like squats and planks that work muscles to fatigue while building strength, endurance, and balance.

Tai Chi Community: Student-led class offering a supportive space to practice flowing, mindful Tai Chi. Intermediate-level participants work together to recite and refine body sequences that promote balance, focus, and overall well-being.

Tai Chi for Life: Gentle, Sun-style Tai Chi class designed to support those with arthritis and and to help prevent falls. Each session builds on the last, combining demonstration, group practice, and Tai Chi philosophy to help you learn the form with confidence.

Yin Yoga: Seated meditative yoga poses used for cooling muscles, tendons, fascia, and ligaments. A calming class where you'll hold poses for extended periods of time and learn breathing techniques for stress reduction.

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