

# GROUP EXERCISE CLASS DESCRIPTIONS

## DANCE

**Zumba®** Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

**Cardio Dance** If you love to dance and workout, this class is for you. It starts with 30 minutes of fun and easy-to-follow cardio dance and finishes with strength work to challenge your core and strengthen abs. Suitable for all fitness levels.

**Jazz Dance** - Jazz dance is a great workout for the mind and body! This will be a structured, fast-paced dance class. We will stretch, practice various steps, combinations, and learn routines. Experience in dance is preferred but not necessary.

## CYCLE

**Cycle** A group exercise class done on stationary bikes that includes a variety of cycling techniques and skills to provide a high energy cardio workout.

**Cycle Fusion** - Cycle Fusion is an intense combination class where cycling meets strength training, everything you need in one class!

**RPM** a group indoor cycling workout that is fun and low impact, where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down.

**Rhythm Ride** an advanced cycle class that is highly choreographed to the beat of the music! We will use light resistance and be out of the saddle for most of class—Be prepared to dance, sweat, and have fun on the bike

## COMBINATION

**BODYPUMP™** is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to develop lean muscle and get fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music!

## COMBINATION cont'd

**Strength Fusion** This class combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. You will sculpt your body with an emphasis on strength and balance while using a variety of equipment.

**Low Impact Fitness** Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones. Increase your muscular strength and range of movement as well as your cardiovascular fitness, helping with activities of daily living.

**Sit to be Fit** A 45-minute chair-based class for seniors or physically challenged individuals. Warm up, sitting or standing, stretch, 12-15 minutes cardio in the chair. A light resistance training: balance, stretching, and relaxation.

**Barre** Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using "make-sense progression" to create a format suitable for every level of exerciser, BARRE is a workout like no other! This format combines Balance, Agility, Resistance

## CARDIO

**HIIT** High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus. You'll experience short, intense bouts of exercise using many modes of training.

**BODYCOMBAT** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

## MIND / BODY

**Vinyasa Yoga** In this class, students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. A number of postures will be practiced, with a focus on moving gracefully from one pose to the next. Intensity level is set by the instructor, and all poses are modified for all levels.

**Restorative Yoga** In this class, students will work with props to achieve postures that are restful and meditative. Poses are held for longer, and movement is slow and intentional. This class is great for beginners, those seeking relaxation, or participants with joint and mobility limitations.

**Yin Yoga** Yin yoga focuses on strengthening and nurturing the connective tissue. It can be therapeutic and challenging, yet is suitable for the beginner to advanced yogi.

**Power Yoga** An active yoga style that moves more quickly through yoga poses building heat, strength and flexibility. Poses flow together, or are linked with sun salutations. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

**Chair Yoga:** Stretch, breathe and relax without having to get up and down from the floor. This class is ideal for anyone with mobility concerns or may be recovering from an injury.

## AQUATICS

**Aqua Zumba** A class that is safe, effective and a challenging water-based workout, that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

**Cardio Splash** A deep/shallow moderate intensity combination class that will jumpstart your cardiovascular workout. This class also includes core strengthening exercises and stretching for maximum flexibility and range of motion

**Hydroburn/DEEP WATER** A high-intensity total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints.



# GROUP EXERCISE SCHEDULE BLACK MOUNTAIN

## RESERVE YOUR SPOT

Classes require registration,  
scan QR code to access  
our app and register.



Class reservations open 26  
hours before the class begins.

## CENTER HOURS

Mon.-Thur.	5:30am-9pm
Fri.	5:30am-7pm
Sat.	8am-2pm
Sun.	1pm-5pm

## CHILDCARE HOURS

Mon.-Fri.	8am-12pm
Mon.-Thur.	4pm-7pm
Sat.	8am-12pm
Sun.	CLOSED

## KIDS CLUB

**\$20/child for members only**

Mon.-Fri.	8am-12pm
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Please see the front desk to sign up and for more details!



# BLACK MOUNTAIN GROUP EXERCISE SCHEDULE

## SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00a FS Cycle Donette				6:00-7:00a FS Cycle Fusion Carla		
	7:00-8:00a FS Strength Fusion Karen		7:00-8:00a FS Strength Fusion Karen			
8:45a-9:30a FS RPM Katy D.	8:45a-9:30a ∞ FS Cardio Dance ∞ Sadie S.	8:45a-9:30a FS RPM Katy D.	8:45a-9:30a FS Barre Jen P.	8:30a-9:15a FS Low Impact Fitness Jessica	8:45a-9:30a FS Cycle <<	
9:45a-10:45a FS BODYPUMP Jen P.	9:45a-10:45a FS BODYCOMBAT Erica G	9:45a-10:45a FS BODYPUMP Sadie G.	9:45a-10:45a FS BODYCOMBAT Jen P.	9:45a-10:45a FS BODYPUMP Katy D.	9:45a-10:45a FS Saturday Group <<	
10:00a-11:00a P DEEP WATER Sue	10:00a-10:45am • P Aqua Tabata Sadie S.	10:00a-11:00a • P Cardio Splash Sue	10:00-11:00a • P Cardio Splash Rochelle	10:00a-11:00a • P Cardio Splash Crystal		
11:00-12:00p • FS Sit to be Fit Carmen	11:00a-12:00p • FS Vinyasa Yoga Michele B	11:00a-12:00p • FS Barre Jami H	11:00a-12:00p • FS Vinyasa Yoga Michele B	11:00a-11:45a FS BODYPUMP Sadie G.	11:00a-12:00p • FS Yoga <<	
	12:15-1:15p • FS Chair Yoga Kathryn	12:15-1:00p • FS Sit to be Fit Cyndy	12:15-1:15p • FS Chair Yoga Kathryn	12:15-1:00p • FS Sit to be Fit Cyndy	12:15p-1:15p • FS Tai Chi Jay	
2:00-3:00p • FS Power Yoga Ed		2:00-3:00p • FS Power Yoga Ed	2:00-3:00p FS Cardiolates (pilates on the app!) Liesa	2:00-3:00p • FS Power Yoga Ed		2:00-3:00p • FS Vinyasa Yoga Martha
4:30p-5:30p FS HIIT Amie	4:30p-5:30p FS BODYCOMBAT Jami	4:30p-5:30p FS Strength Fusion Amie	4:30p-5:30p FS BODYPUMP Sadie G.	4:30p-5:15p ∞ FS Cardio Dance Christey		
5:30p-6:20p • P Aqua Tabata Sadie S.		5:30-6:15p • P Cardio Splash Rochelle				
5:45-6:30p FS Step Aerobics Mary Beth	5:45-6:30p FS BODYPUMP Katy D.	5:45p-6:30p FS Cycle Karen S.	5:45p-6:30p FS Cycle Phoebe			
6:45p-7:45p • FS Tai Chi Jay	6:45p-7:45p • FS Restorative Yoga Martha	6:45p-7:45p • FS Yin Yoga Angela	6:45p-7:45p • FS Restorative Yoga Martha	5:45p-6:45p • FS Tai Chi Jay		

### SCHEDULE KEY

Classes in **YELLOW** are new  
**PURPLE** is a time or instructor change  
**BLUE** are water classes  
**RED** are Les Mills classes  
**GREEN** are Limited Series

O - Outdoors, P - Pool, G - Gym,  
FS - Fitness Studio  
∞ - Family friendly  
• - Great for Healthy Agers  
<< - alternating instructor

### VIRTUAL GROUP EX

Find live virtual classes and an online  
video library that members have access  
to at your convenience at  
[ymcawnc.org/virtual-y](https://ymcawnc.org/virtual-y)

#### SATURDAY CLASSES:

The Saturday schedule changes  
WEEKLY, please check the app or  
with the front desk to  
confirm that there is a  
**Saturday class offered**  
and to register for class!