

# GROUP EXERCISE CLASS DESCRIPTIONS

## DANCE

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

## Aquatics

**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

**Fluid Movement** Suitable for every fitness level. This class offers walking and range of motion exercises to increase mobility, flexibility, balance and endurance. Great for participants with joint and mobility limitations. Definitely a valuable add on to your Wellness Center workouts.

## CARDIO STRENGTH

**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.

**Cardio Fusion** - A cardio workout that can include interval drills step, choreographed varied intensity aerobics, or kickboxing, and includes strength segments for a total body workout.

## CARDIO STRENGTH

**RPM™** is 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, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

**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.

**Total Body Training** - Want to burn fat, build muscle and have fun? Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body

**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 – helping you achieve much more than on your own! You'll leave the

## MIND / BODY

**Gentle Yoga** - A gentle yoga class for anyone looking for a relaxing practice.

**Pilates** A mind body exercise evolved from the principles of Joseph Pilates. This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes. Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

**Tai Chi Flow** – Is an ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. Focus on breath, mind, and body integration for health.

**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.

**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.



## GROUP EXERCISE SCHEDULE

### CORPENING MEMORIAL

828-659-9622

## 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 am-9 pm
Fri.	5 am-8 pm
Sat	8 am-4 pm
Sun	1 pm-5pm

## CHILDCARE HOURS

Mon.-Thur.	8 am-12 pm 4 pm -8 pm
Fri.	8 am-12 pm
Sat.	8 am-1 pm
Sun	1 pm-4 pm

Youth Lounge  
Mon.-Thur. 4-8pm - Ages 6-12



# CORPENING GROUP EXERCISE SCHEDULE

## October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:30-9:30 am • Gentle Yoga Danielle-Studio A				
9:00-9:45 am ! Cardio Fusion Ron-Studio B	9:00-9:45 am * Group Cycle Joyce-Cycle Studio	9:00-9:45 am ! Cardio Fusion Ron-Studio B	9:00 -9:45 am * Group Cycle Joyce-Cycle Studio	9:00 9:45 am ! Cardio Fusion Ron-Studio B	9:00-9:45 am * Group Cycle Joyce-Cycle Studio	
9:30-10:30 am • Fluid Movement Louise-Pool	9:30-10:30 am • Fluid Movement Jeanette-Pool	9:30-10:30 am • Fluid Movement Louise-Pool	9:30-10:30 am • Fluid Movement Jeanette-Pool	9:30-10:30 am • Fluid Movement Louise-Pool		
10:15-11:15 am • Chair Yoga Mary Morris-Studio A	9:30-10:30 am * Vinyasa Flow Yoga Bev-Studio A	10:15-11:15 am • Chair Yoga Mary Morris-Studio A	9:30-10:30 am * Vinyasa Flow Yoga Bev-Studio A			
10:00-11:00 am ! BODYPUMP Mary Stang - Studio B		10:00-10:45 am • Zumba Low Impact Tracy-Studio B	10:00-11:00 am ! BODYPUMP Mary Stang - Studio B		10:00-11:00 am ! BODYPUMP/Total Body Mary/Taylor-Studio B	
					BODYPUMP and Total Body Will rotate through the month	
4:30-5:15 pm * Cardio Splash Cris-Pool		4:30-5:15 pm * Cardio Splash Cris-Pool				2:00-3:00 PM • Pilates Gerri - Studio A
4:30-5:15 pm * RPM Leslie-Cycle Studio	4:30-5:15 pm ! Strength Fusion Leslie-Studio B	4:30-5:15 pm * RPM Leslie-Cycle Studio	4:30-5:15 pm ! Strength Fusion Leslie-Studio B			
5:30-6:30 pm * Vinyasa Yoga Mary Morris - Studio A	5:30-6:15 pm ∞• Zumba Gerri-Studio B	5:30-6:30 pm * Vinyasa Yoga Mary Morris - Studio A				
	6:00-7:00 pm ∞ Tai Chi David-Studio A		6:00 6:45 pm ∞• Zumba Tracy-Studio B			

### SCHEDULE KEY

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

- Great For All Levels
- \* Intermediate
- ! High Intensity
- ∞ Family Friendly

### 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](http://ymcawnc.org/virtual-y)