

GROUP EXERCISE CLASS DESCRIPTIONS

DANCE

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

Zumba Gold® provide modified, low-impact moves for active older adults.

The Groove Simple moves to great music so you can dance them your way. This mind-body inspired class proves every body can dance and love it.

Hip Hop Fitness A dance-themed cardio and toning program that blends various hip hop and dancehall moves to strengthen the core and the lower body. Dip, shake and pump your body to the hottest hits while getting fit and having fun.

CYCLE

Cycle Join the ride! Speed, resistance, and more create an exciting and challenging indoor cycle experience. Available in 1 hour class format and 45 minute class format.

Les Mills RPM™ is a group indoor cycle class where you can control the intensity . It's fun, low impact and you can get a great cardio workout. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

STRENGTH/HIIT

Strength Fusion This class uses a variety of equipment and movement styles to build fitness through the whole body. Classes may include intervals, skill building, and cardio bursts for a challenging total body workout. This class is appropriate for those with injuries or limitations as well as beginning exercisers.

TRX® Suspension Training body weight exercise develops strength, balance, flexibility & core stability simultaneously.

Les Mills BODYPUMP™ - THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. 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 class feeling challenged and motivated, ready to come back for more. and challenging workouts.

DECEMBER 2023

MIND / BODY

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

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.

Yin Yoga is a slower –paced, more meditative version of Yoga. In Yin Yoga, the poses are held for a long period of time (typically 3-5 min) to target the deep connective tissues , bones, joints fascia and ligaments of the body, rather than focusing on the muscles.

Les Mills BodyBalance™ Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

Pilates/Barre

Pilates Designed to condition and strengthen abdominal and lower back muscles, as well as increase individual flexibility.

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, working Recovery and Flexion into a challenging full body



GROUP EXERCISE SCHEDULE

WOODFIN YMCA

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. 6:00 am-8:00 pm
Fri. 6:00 am– 6:00 pm
Sat. 8:00 am-4:00 pm

UPDATED HOURS!

CHILDCARE HOURS

Mon.-Sat 8:00am-12:30pm
Mon-Thurs 4:00-7:30 pm

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|--|
| 7:30-8:30 a Vinyasa Yoga-SA Hillary | 7:00-7:45 a Cycle-SB Copland | 7:30-8:30 a Vinyasa Yoga-SA Hillary | | | | |
| 8:00-8:45 a Strength Fusion-SB Marian | 8:00-8:45 a The Groove-SA Leanna | 8:00-8:45 a The Groove-SB Rebecca | 8:00-8:45 a The Groove-SA Leanna | 8:00-8:45 a Cycle-SB Becky | 8:10-9:10 a Cycle-SB Copland | |
| 8:45-9:45 a Gentle Yoga-SA Tanya | 9:00-10:00 a Vinyasa Yoga -SA Tanya | 8:45-9:45 am BodyBalance-SA Greta | 9:00-10:00 a Vinyasa Yoga -SA Vinita | 8:45-9:45 a BodyBalance-SA Shona | | |
| 9:00-9:45 a Strength Fusion-SB Shona | | 9:00-9:45 a Strength Fusion-SB Jessica | | 9:00-9:45 a Strength Fusion-SB Jessica | 9:30-10:30 a Body Pump-SB Greta | 9:30-10:30 a BODY PUMP-SB Greta |
| 10:00-11:00 a BodyBalance-SA Shona | 10:15-11:15 a Pilates-SA Vinita | 10:00-11:00 a ∞ Gentle Yoga-SA Maro | 10:15-11:15 a Pilates-SA Vinita | 10:00-11:00 a ∞ Gentle Yoga-SA Shonna | 10:00-10:45 a ∞ The Groove-SA Rebecca/Sherra | 9:45-10:45 am ∞ Gentle Yoga-SA Shonna |
| 10:00-10:45 a ∞ Zumba Gold-SB Nancy | 10:15-11:15 a Body Pump-SB Shona | 10:00-10:45 a ∞ Zumba Gold-SB Nancy | 10:15-11:15 a Body Pump-SB Shona | 10:00-10:45 a ∞ Zumba-SB Eugenia | 10:45-11:30 a RPM-SB Greta | 10:45 -11:30 am Cycle-SB Kate |
| 11:15-12:00 p TRX-SB Jessica | 11:30-12:30 p ∞ Gentle Yoga-SA Anwen | 11:15-12:00 p TRX -SB Jessica | 11:30-12:30 p ∞ Gentle Yoga-SA Anwen | 11:15-12:00 p TRX-SB Suzanne | 11:00-12:00 pm Vinyasa Yoga-SA Lance | 11:00-12:00 p ∞ Vinyasa Yoga-SA Greta |
| 11:15-12:15 p Vinyasa Yoga-SA Anwen | 11:30-12:15 p Zumba-SB Joslyn | 11:15-12:15 p Vinyasa Yoga-SA Anwen | 11:30-12:15 p Zumba-SB Joslyn | 11:15-12:15 p Pilates-SA Shonna | | 11:45-12:30 pm Strength Fusion-SB Connie |
| 12:15-1:00 p RPM-SB Lindsey | | | | | 12:15-1:15 pm Yin Yoga-SA Anwen | 12:15-1:15 p BodyBalance-SA Greta |
| 12:30-1:30 pm Yin Yoga-SA Anwen | 12:30-1:15 p Cycle-SB Jessica | 12:30-1:30 pm Yin Yoga-SA Anwen | 12:30-1:15 p Cycle-SB Jessica | | | |
| 4:00-4:45 p ∞ Hip Hop Fitness-SB Staff | | | | | | |
| 4:15-5:00 p Barre-SA Rebecca | | 4:15-5:00 p Barre-SA Ellie | | | | |
| 5:00-6:00 p BODY PUMP-SB Staff | 5:15-6:15 p ∞ Zumba-SB Delia Rose | 5:00-5:45 p TRX-SB Copland | 5:15-6:15 p ∞ Hip Hop Fitness-SB Kim | | | |
| 5:15-6:15 p ∞ Vinyasa Yoga-SA Hillary | 5:15-6:15 p ∞ Vinyasa Yoga-SA Dede | | 5:15-6:15 p BodyBalance-SA Greta | | | |
| 6:15-7:15 p Cycle-SB Daniel | | 6:00-7:00p Cycle-SB Copland | | | | |
| | 6:30-7:30 p BODY PUMP-SB Greta | | 6:30-7:30 p BODY PUMP-SB Greta | | | |

SCHEDULE KEY

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

O-Outdoors, P - Pool,
G - Gym, FS - Fitness Studio,
CS - Cycle Studio,
∞ - 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