

# GROUP EXERCISE CLASS DESCRIPTIONS

## DANCE

**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.

## 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.

## 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!

**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.

## COMBINATION cont'd

**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

**Tai Chi for Arthritis** helps to increase strength, flexibility, mobility and balance. For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.

**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.

**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 Tabata** 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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

March 2024

BLACK MOUNTAIN YMCA

Black Mountain YMCA

25 Jane Jacobs Rd | 828-552-3620

[ymcawnc.org](http://ymcawnc.org)

## RESERVE YOUR SPOT

Required reservations open 26 hours in advance

Scan this code to download the mobile app and get started!



**\*\*Reservation is forfeited if not present at scheduled start of class\*\***

## CENTER HOURS

Mon-Thur	5:30 a.m. - 9:00 p.m.
Fri	5:30 a.m. - 7:00 p.m.
Sat	8:00a.m. - 2:00p.m.
Sun	1:00 p.m. - 5:00 p.m.

## CHILDCARE HOURS

Mon-Fri	8:00 a.m.-12:00 p.m.
Mon-Thur	4:00 p.m.-7:00 p.m.
Sat	8:00 a.m.-12:00 p.m.
Sun	<b>CLOSED</b>

BLACK MOUNTAIN GROUP EXERCISE SCHEDULE

MARCH 2024

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-7:00a ! Cycle Donette				6:00-7:00a ! Cycle Fusion Carla	8:45a-9:30a ! Cycle Rotating instructor	
	7:00-8:00a mod Strength Fusion Karen	7:45-8:30a mod/hi Athletic Conditioning Malynda	7:00-8:00a mod Strength Fusion Karen		9:45a-10:45a mod/hi Saturday Group Rotating instructor	2:00p-3:00p low Restorative Yoga Martha
8:45a-9:30a ! RPM Katy D.	8:45a-9:30a mod Cardio Dance Sadie S.	8:45a-9:30a ! RPM Katy D.	8:45a-9:30a mod∞ Barre Jen P.	8:30a-9:15a low∞ Low Impact Fitness Jessica	11:00a-12:00p mod Yoga Rotating instructor	
9:45a-10:45a mod/hi BODYPUMP Jen P.	9:45a-10:45a ! BODYCOMBAT Erica G	9:45a-10:45a mod/hi BODYPUMP Sadie G.	9:45a-10:45a ! BODYCOMBAT Jen P.	9:45a-10:45a mod/hi BODYPUMP Katy D.	12:15p-1:15p low Tai Chi Jay	
11:00-12:00p low Sit to be Fit Carmen	11:00a-12:00p mod Vinyasa Yoga Michele B	11:00a-12:00p mod∞ Barre Jami H	11:00a-12:00p mod Vinyasa Yoga Michele B	11:00a-11:45a mod/hi BODYPUMP Sadie G.		
12:00-1:00p mod/hi Tai Chi for Energy Jay	12:15-1:15p low Chair Yoga Kathryn	12:15-1:00p low Sit to be Fit Cyndy	12:15-1:15p low Chair Yoga Kathryn	12:15-1:00p low Sit to be Fit Cyndy		
2:00-3:00p ! Power Yoga Ed		2:00-3:00p ! Power Yoga Ed	2:00-3:00P mod/hi Cardiolates (pilates on the app!) Raven	2:00-3:00p ! Power Yoga Ed		
4:30p-5:30p ! HIIT Amie	4:30p-5:30p ! BODYCOMBAT Jami	4:30p-5:30p mod/hi Strength Fusion Amie	4:30p-5:30p mod/hi BODYPUMP Sadie G.	4:30p-5:15p mod/hi∞ Cardio Dance Christey		
5:45-6:30p mod/hi∞ Step Aerobics Mary Beth	5:45-6:45p mod/hi BODYPUMP Katy D.	5:45p-6:30p ! Cycle Karen S.	5:45p-6:30p ! Cycle Phoebe			
6:45p-7:45p low Tai Chi for Arthritis Jay		6:45p-7:45p mod/hi Tai Chi for Energy Jay		5:45p-6:45p low Tai Chi for Arthritis Jay		

### SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have changed

Classes in **BLUE** are aquatic classes

○ Studio O (Turf Field)

Gym Gymnasium

MB Mind Body Studio

P Pool

! High Intensity

MPR Multi Purpose Room

CS Cycle Studio

FR Functional Fitness Room

A Studio A

∞ Family Friendly / Kid class

### Aquatic Exercise Classes ∞ \*\*

MON	TUES	WED	THURS	FRI
Deep Water 10:00-11:00a  Sue	Aqua Tabata 10:00-10:45a  Sadie S	Cardio Splash 10:00-11:00a  Sue	Cardio Splash 10:00-11:00a  Rochelle	Cardio Splash 10:00-11:00a  Crystal
Aqua Tabata 5:30-6:20p  Sadie S		Cardio Splash 5:30-6:15p  Rochelle		

### SATURDAY SCHEDULE

Saturday classes are on an instructor rotation and will meet if there is an available instructor! Please check the YMCA app for an updated Saturday schedule!

### EVENTS

- 3/10 Terrarium Building with Kristina 3:00-5:00p in the Multipurpose Room \$45/members, \$60/nonmembers - see flier for details!
- 3/13 Positive Aging with Duncan at 4:00pm in the Multipurpose room
- 3/16 Bench Press Basics with Katy D 2:00-4:00 in the Weight Room \$30/members, \$60/nonmembers
- 3/17 Mobility and Stretching with Katy D 3:30-4:30 in the GEX studio \$15/members

### VIRTUAL GROUP EX

Workout ANYWHERE

[ymcawnc.org/virtual-y](https://ymcawnc.org/virtual-y)