

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO / STRENGTH

BODYPUMP - 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 class feeling challenged and motivated, ready to come back for more.

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.

Group 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

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.

DANCE

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

AQUATICS**

Fluid Movement Suitable for all fitness levels, this class offers walking & range of motion exercises to increase mobility, flexibility, balance & endurance. Great for participants with joint & mobility limitations.

Aqua Tabata Uses water resistance with several basic aqua moves done for a short period of time at a high intensity & a short rest in between.

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.

MIND / BODY

Vinyasa Yoga Classical Hatha Yoga practice including breathing (pranayama), relaxation, sun salutations & postures (asanas).

Gentle Yoga A gentle yoga class for anyone looking for a relaxing practice. This class will work through the fundamentals of yoga including postures, stretching, breathing & relaxation.

Chair Yoga An adapted form of yoga that makes yoga accessible to everyone. ... Chair Yoga allows the client to modify their yoga practice based on mobility, health, and current ability level. Chair Yoga offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support.

Pilates This conditioning program incorporates core training, stretching & proper breathing techniques for a full body workout. Note: Please talk to your instructor before class if you have osteopenia/osteoporosis.

Tai Chi -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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

March 2024

CORPENING YMCA

Corpening Memorial YMCA

348 Grace Corpening Dr | 828-659-9622

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	5:00 a.m. - 9:00 p.m.
Fri	5:00 a.m. - 8:00 p.m.
Sat	8:00 a.m. - 4:00 p.m.
Sun	1:00 a.m. - 5:00 p.m.

CHILDCARE HOURS

Mon-Fri	8:00 a.m.-12:00 p.m.
Mon-Thur	4:00 p.m.-8:00 p.m.
Sat	8:00 a.m.-1:00 p.m.
Sun	1:00 p.m.-4:00 p.m.

Youth Lounge (ages 6-12)

Mon – Thurs	4:00 p.m.-7:00 p.m.
Sat	8:00 a.m.-12:00 p.m.

CORPENING GROUP EXERCISE SCHEDULE

March 2024

MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:15 am * Group Cycle Joyce-Cycle Studio	5:30-6:15 am ! Total Body Jody-Studio B	5:30-6:15 am * Group Cycle Joyce-Cycle Studio	5:30-6:15 am ! Total Body Jody-Studio B			
		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	9:00-9:45 am ∞● Zumba Tracy-Studio B	
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		10:00-11:00 am ● Tai-Chi Janice - Studio B	10:00-11:00 am ! BODYPUMP Mary Stang - Studio B	10:00-11:00 am ● Tai-Chi Janice - Studio B	10:00-10:45 am ! Total Body Studio B	
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 **PURPLE** are Les Mills Classes
Classes in **YELLOW** are new or have changed
Classes in **BLUE** are aquatic classes

- Great for All Levels

* Intermediate
- ! High Intensity

∞ Family Friendly

EVENTS

Maker Mondays on the 1st
Monday of each month from
11-12

Book Club on the 3rd Monday
of each month from 11-12

Anxiety: Managing Nervous
Energy Wednesday Marcy 27
11-12

VIRTUAL GROUP EX

Workout ANYWHERE

ymcawnc.org/virtual-y