

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.

BODYCOMBAT - a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. 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, bring your sweat towel, and leave inhibitions at the door

RPM - a Les Mills 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.

PIYo-- If you love core conditioning and strength training, PIYo® is your answer. This unique format shares the core-strengthening foundations of yoga and Pilates, and builds it into a rhythmic and dynamic workout designed to build strength and gain flexibility.

Athletic Conditioning Intense cardio, strength, plyometric drills, & core work designed to improve performance in athletics & everyday activities.

Low Impact Fitness this class is geared toward active older adults & can be performed seated or standing. Cardio, strength, & flexibility are included in this format.

Core Conditioning A muscle toning class that focuses on your core through trunk stability and strength.

Step Whether you are new to step or an experienced stepper, this class is appropriate for all levels of step participation with fun and interesting choreography sure to challenge the mind and body.

DANCE

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

Barre Taking the hottest trend in dance-inspired conditioning, ballet barre training & the LeBert Equalizer to create a format suitable for every level of exerciser. No dance experience or pink tights required!

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

Dynamic Dance Twice monthly inclusive dance class for any level of mental/physical ability with simple movements and free-form dance to pair with fun music. Caregivers and aids are welcome to join.

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.

Hydro Burn high intensity water workout that will test your limits, get your heart pumping & your muscles moving without the impact on your joints.

Aqua Yoga - Aqua Yoga brings the benefits of yoga (increased strength, flexibility, and mobility) to the water, decreasing joint impact & making the practice safe & fun for everyone.

AquaFit - A high energy aqua workout, targeting all the major muscles using the **water's resistance to challenge all levels.** This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells (buoys).

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.

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.

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, & flexibility. Poses are linked together with vinyasa. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

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.

Flex & Stretch A class designed to actively stretch the body so that it maintains optimal mobility and range of motion.

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.

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.

Kid's Yoga where kid's come to tame their "inner animal" by practicing traditional Yoga poses, relaxation, meditation, and breathing. This class is to help kids learn to move with focused energy by connecting mind to body in a fun and nurturing environment. 4-8 yrs



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

March 2024

REUTER FAMILY YMCA

Reuter Family YMCA

3 Town Square Blvd | 828-651-9622

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-Fri | 5:30 a.m. - 9:00 p.m. |
| Sat | 7:00 a.m. - 7:00 p.m. |
| Sun | 11:00 a.m. - 6:00 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 | 1:00 p.m.-5:00 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. |

REUTER GROUP EXERCISE SCHEDULE

March 2024

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| 5:45a-6:30a Group Cycle- C Audra | 5:45a-6:30a ! Ath Conditioning- Gym Kelly | 5:45a-6:30a Group Cycle- C Audra | 5:45a-6:30a ! Ath Conditioning- FFR Emily S | 5:45a-6:30a Group Cycle- C Audra | | |
| 8:15a-9:15a BODYPUMP- A Gena | 8:15a-9:15a PiYo Live®-A Gena | 8:15a-9:15a BODYPUMP- A Emily P | 8:15a-9:15a PiYo Live®-A Gena | 8:15a-9:15a BODYPUMP- A Gena | 8:00a-8:45a ! Ath Con-O/FFR Rotating | 12:45p-2:00p Tai Chi -MB Alex |
| 8:15a-9:15a Vinyasa Yoga- MB Lindsay | 8:15a-9:15a Gentle Yoga- MB Kathryn | 8:15-9:15a Vinyasa Yoga-MB Jessica | 8:15a-9:15a Gentle Yoga- MB Kathryn | 8:15a-9:15a Vinyasa Yoga- MB Tammy | 9:00a-9:50a Hip Hop Fitness- A Shellie | 1:00p-1:50p Hip Hop Fitness- A Illysa |
| 9:30-10:15am Group cycle- C Alan | 7:00-7:45a RPM- C Maggie | 9:30a-10:30a Group Cycle- C Alan | 7:00-7:45a RPM- C Jay | 9:30a-10:30a Group Cycle- C Kelly | 9:00-9:45a RPM- C Rotating | 2:00p-3:00p BODYPUMP- A Illysa |
| 9:30a-10:20a ∞ Zumba- A Natalie | 9:30a-10:20a Core Conditioning- MB Gena | 9:30a-10:20a ∞ Zumba- A Natalie | 9:30a-10:20a Core Conditioning -A Gena | 9:30a-10:20a Step- A Julie | 9:30a-10:30a Power Yoga- MB Erin | 2:30p-3:45p Restorative Yoga-MB Kathryn |
| 9:30a-10:30a Chair Yoga- MB Kathryn | 9:30a-10:20a Step- A Julie | 9:30am-10:15am TRX- FFR Kelly | | 9:30a-10:30a Chair Yoga- MB Kathryn | 10:30a-11:20a Zumba- A Rico | 3:15p-4:15p Hip Hop Step- A Kelly W |
| 9:30am-10:15am TRX- FFR Kelly | 9-30a- 10:15a TRX -FFR Corey | 11:00a-11:50a Low Impact Fitness- A Emily P | 9-30a- 10:15a TRX -FFR Corey | 10:30a-11:20a Zumba-A Rico | <div>EVENTS</div> <div>3/2 Latin Heat dance class 11:30-12:30</div> <div>3/2 Self Defense class 10:45-12:00</div> <div>3/4 Healthy Aging Caregiver Rejuvenation 12:5-1:15</div> <div>3/5 Livestrong begins</div> <div>3/5 Yoga for Bone Health begins</div> <div>3/11 Health Aging Safe Hiking 12:15-1:15</div> <div>3/16 Self Defense class 10:45-12:00</div> <div>3/18 Bootcamp begins 8:30-9:15</div> <div>3/21 AARP Line Dancing 12:00-1:00</div> | |
| 11:00a-11:50a Low Impact Fitness- A Emily P | 10:30a-11:20a Barre- A Corey | 11:00a-12:00p Flex & Stretch- MB Natalie | 10:35a-11:25a Barre- A Corey | 10:30a-11:00a ! Cycle Express -C Alan | | |
| 11:00a-12:00p Flex & Stretch- MB Natalie | 10:35a-11:25a Pilates-MB Dianne | 12:00p-12:45p Ath Conditioning- A Emily P | 10:35a-11:25a Pilates- MB Dianne | 11:00a-11:50a Low Impact Fitness- MB Emily P | | |
| 12:00p-12:45p ! Ath Conditioning-A/O Kelly | 12:00p-12:50p BODYPUMP- A Emily C | 12:30p-1:30p Tai Chi for Arthritis -MB Merideth | 12:00p-12:50p BODYPUMP- A Emily C | 11:30-12:30pm Flex and stretch -A Carmen | | |
| 12:15-1:00p ∞ Dynamic Dance-MB Natalie (1st and 3rd wk) | 12:15-12:45 p ! *new* Half Hour HIIT- MB Kat | 1:45p-2:45p Advanced Tai Chi-MB Merideth | 4:15p-5:00p ∞ *new time Kids' Yoga(4-8)- MB Kathryn | 12:30p-1:30p Tai Chi for Arthritis -MB Merideth | | |
| 5:30p-6:20p BODYPUMP- A Christina | 5:00-5:45p Bodycombat- A Bronson | 5:30p-6:20p BODYPUMP- A Christina | 5:00-5:45p Bodycombat- A Bronson | | <div>VIRTUAL GROUP EX</div> <div>Workout ANYWHERE</div> <div>ymcawnc.org/virtual-y</div> | |
| 5:30p-6:20p Hip Hop Fitness-MB Shellie | 5:30p-6:15p RPM- C Jay-mod/hi | 5:30p-6:20p Hip Hop Fitness- MB Shellie | 5:30p-6:15p Cycle- C Chelsea | | | |
| 6:00p-6:45p ! Ath Conditioning- O Tony | 5:30p-6:45p Restorative Yoga- MB Kathryn | 6:00p-6:45p ! Ath Conditioning- O Tony | 5:30p-6:45p Restorative Yoga- MB Kathryn | | | |
| 6:35p-7:35p Vinyasa-MB Christina | 6:05p-6:55p ∞ Zumba- A Curtis | 6:35p-7:35p Vinyasa-MB Christina | 6:05p-6:55p ∞ Zumba- A Kathy | | | |
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SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

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

Classes in **BLUE** are aquatic classes

O

 Studio Outside (Turf)

Gym

 Gymnasium

MB

 Mind Body Studio

P

 Pool

MPR

 Multi Purpose Room

C

 Cycle Studio

FR

 Functional Fitness Room

A

 Studio A

!

 High Intensity

∞

 Family Friendly / Kid class

| Aquatic Exercise Classes ∞ | | | | |
|----------------------------|--------------------------|----------------|-------------|--------------|
| MON | TUES | WED | THURS | FRI |
| | Aqua Fit | | Aqua Fit | |
| | 8:00-8:50a | | 8:00-8:50a | |
| | Joan | | Leah | |
| | Hydro Burn | | Hydro Burn | Hydro Burn |
| | 9:00-9:50a | | 9:00-9:50am | 9:00-9:50am |
| | Joan | | Leah | Maggie |
| Aqua Fit | Aqua Yoga | Aqua Fit | | Aqua Zumba |
| 10:00-10:50a | *new day*10:00-10:50a | 10:00-10:50a | | 10:00-10:50a |
| Maggie | Jessica | Shonna | | Maggie |
| Fluid Movement | | Fluid Movement | | |
| 11:00-11:50a | | 11:00-11:50a | | |
| Leah | | Shonna | | |