

# 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.

**WERQ** is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps. You're guaranteed to sweat and come back for more!

## 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.

## 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 Eloquence into a challenging full body workout.

## 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.

**Foam Rolling** Foam rolling is a do it yourself myofascial release technique where you push your muscles against a firm surface the rolls to alleviate muscle tension and soreness. Come roll those aches and pains away!



## GROUP EXERCISE SCHEDULE

WOODFIN YMCA

MARCH 2024

## 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
Sun.	9:00 am–4:00 pm

## UPDATED HOURS!

## CHILDCARE HOURS

Mon.–Sat	8:00am–12:30pm
Mon-Thurs	4:00–7:30 pm
Sun.	9:00–12:00 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 Strength Fusion-SB Devi	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 Jessica		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 Staff	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 Gillian	11:00-12:00 p ∞ Vinyasa Yoga-SA Greta
11:15-12:30 pm Yin Yoga-SA Anwen	11:30-12:15 p Zumba-SB Joslyn	11:15-12:30 p Yin 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 Conny
12:15-1:00 p RPM-SB Lindsey	12:30-1:15 p Cycle-SB Jessica	12:15-12:45 pm Foam Rolling-SB Ian	12:30-1:15 p Cycle-SB Jessica	12:15-12:45 pm Foam Rolling-SB Ian	12:15-1:30 pm Yin Yoga-SA Anwen	12:15-1:15 p BodyBalance-SA Greta
	1:30-2:15 pm Strength Fusion-SB Conny					
4:00-4:45 p ∞ Hip Hop Fitness-SB Karen		4:00-4:45 p ∞ WERQ-SB Nicole				
4:00-5:00 p Barre-SA Rebecca		4:00-5:00 p Barre-SA Ellie				
5:00-6:00 p BODY PUMP-SB Karen	5:15-6:15 p ∞ Zumba-SB Delia Rose	5:00-5:45 p TRX-SB Conny	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 Jen	5:15-6:15 p ∞ Vinyasa Yoga-SA Shikha	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](http://ymcawnc.org/virtual-y)