

# 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 great music – helping you achieve much more than on your own!

**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.

**RPM** - a Les Mills group indoor cycling workout that is fun and low impact, where you control the intensity. 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.

**Low Impact Conditioning** This class is geared towards healthy older adults looking for cardio, strength, and flexibility.

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

**Step** Get your cardio with fun and interesting choreography sure to challenge the mind and body.

**Half Hour HIIT** This High Intensity Interval Training class is meant to work your whole body in the time you could take a lunch break. Expect to sweat .

**TRX- Suspension Training** bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

**TRX Tabata**– uses TRX in 20 second intervals to burn calories, build muscle, and cardiovascular health

## 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.

**Dynamic Dance** 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\*\*

**Deep Water Fitness** While deep water has low impact on your joints, it has a high impact on cardiovascular system, improving your overall health and fitness. Flotation belts for support are provided.

**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).

## 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. **Mobility and Strength** A class designed to actively stretch the body to improve mobility and finish with light strength work.

**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. 4-8 yrs



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

September 2024

REUTER FAMILY YMCA

**Reuter Family YMCA**

3 Town Square Blvd | 828-651-9622

[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-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	3:30 p.m.-7:30 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	3:30 p.m.-7:30 p.m.
Sat	8:00 a.m.-12:00 p.m.

# REUTER GROUP EXERCISE SCHEDULE

September 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	8:15-9:00a *returning* Cycle- C Noelani	8:15a-9:15a BODYPUMP- A Emily P	8:15-9:00a *new time* Cycle- C Jay	8:15a-9:15a BODYPUMP- A Gena	8:00a-8:45a ! Ath Con-O/FFR Rotating	1:00p-2:00p*new time Tai Chi -MB Alex
8:15a-9:15a Vinyasa Yoga- MB Lindsay	8:15a-9:15a PiYo Live®-A Gena	8:15-9:15a Vinyasa Yoga- MB Jessica	8:15a-9:15a PiYo Live®-A Gena	8:15a-9:15a Vinyasa Yoga- MB Tammy	9:00a-10:00a Hip Hop Fitness- A Shellie	1:00p-1:50p Hip Hop Fitness- A Illysa
9:00-10:00a ∞ B Mobility and Strength- MPR Carmen	8:15a-9:15a Gentle Yoga- MB Kathryn		8:15a-9:15a Gentle Yoga- MB Kathryn	9:30a-10:15a TRX Tabata-FFR Rotating	9:00-9:45a Cycle- C Rotating	2:00p-3:00p BODYPUMP- A Illysa
9:30-10:30am Group cycle- C Alan	9:30a-10:20a Core Conditioning- MB Gena	9:30a-10:30a Group Cycle- C Alan	9:30a-10:20a Core Conditioning -A Gena	9:30a-10:30a Group Cycle- C Kelly	9:30a-10:30a Power Yoga- MB Erin	2:30p-3:45p Restorative Yoga-MB Kathryn
9:30a-10:20a ∞ Zumba- A Lena	9:30a-10:20a Step- A Julie	9:30a-10:20a ∞ Zumba- A Natalie		9:30a-10:20a Step- A Julie	10:30a-11:20a Zumba- A Rico	
9:30a-10:30a Chair Yoga- MB Kathryn	9:30a-10:15a ∞ TRX -FFR Corey	9:30am-10:30a Chair Yoga- MB Kathryn	9:30a-10:15a ∞ TRX -FFR Corey	9:30a-10:30a Chair Yoga- MB Kathryn	10:45-12:00p Self Defense- MB Jon (Bi-weekly)	
9:30am-10:15am ∞ TRX- FFR Kelly	10:30a-11:20a Barre- A Corey	9:30am-10:15am ∞ TRX- FFR Kelly	10:35a-11:25a Barre- A Corey	10:30a-11:20a Zumba- A Rico	<div style="text-align: center;"> <p>EVENTS</p> <p>9/16 Women on Weights 1.0 begins</p> <p>9/16 Medicare How-To 12:15-1:15pm</p> <p>9/23 AARP Fraudwatch 12:00-1:00pm</p> <p>Welcome Week 9/16-20</p> <p>Mexican Consulate 9/17-20</p> <p>Voter Registration 9/17</p> </div>	
11:00a-11:50a Low Impact Fitness- A Emily P	10:35a-11:25a Pilates-MB Dianne	11:00a-11:50a Low Impact Fitness- A Emily P	10:35a-11:25a Pilates- MB Dianne	10:30a-11:00a ! Cycle Express -C Alan		
11:00a-12:00p Flex & Stretch- MB Natalie		11:00a-12:00p Flex & Stretch- MB Natalie		11:00a-11:50a Low Impact Fitness- MB Emily P		
12:00p-12:45p ! Ath Conditioning-A/O Kelly	12:00p-12:50p BODYPUMP Express- A Kat	12:00p-12:45p Ath Conditioning- A Emily P	12:00p-12:50p BODYPUMP Express- A Kat	11:30-12:30p ∞ B Mobility and Strength-A Carmen		
12:15-1:00p ∞ Dynamic Dance- MB Natalie		12:30p-1:30p Tai Chi for Arthritis -MB Merideth		12:30p-1:30p Tai Chi for Arthritis -MB Merideth		
1:00-1:50p Low Impact Conditioning- A Caryl		1:00-1:50p Low Impact Conditioning- A Caryl	4:15p-5:00p ∞ Kids' Yoga(4-8)- MB Kathryn			
	4:15-5:00p (age 10-15) Youth Strength & Conditioning- Emily S (bi-wk)	1:45p-2:45p Advanced Tai Chi-MB Merideth				
5:30p-6:30p BODYPUMP- A Christina	5:00-5:45p Bodycombat- A Bronson	5:30p-6:30p BODYPUMP- A Christina	5:00-5:45p Bodycombat- A Bronson			
5:30p-6:20p Hip Hop Fitness-MB Shellie	5:30p-6:15p Cycle- C Jay	5:30p-6:20p Hip Hop Fitness- MB Shellie	5:30p-6:15p Cycle- C Jay			
6:00p-6:45p ! Ath Conditioning- O Tony	6:05p-6:55p ∞ Zumba- A Curtis	6:00p-6:45p ! Ath Conditioning- O Tony	6:05p-6:55p ∞ Zumba- A Kathy			
6:35p-7:35p Vinyasa- MB Christina	6:00-7:00p Hip Hop Step- MB Kelly W	6:35p-7:35p Vinyasa- MB Christina				

EVENTS

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9/16 Medicare How-To 12:15-1:15pm

9/23 AARP Fraudwatch 12:00-1:00pm

Welcome Week 9/16-20

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Voter Registration 9/17

VIRTUAL GROUP EX  
Workout ANYWHERE



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

## 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)      **MPR** Multi Purpose Room
- Gym** Gymnasium                **C** Cycle Studio
- MB** Mind Body Studio          **FFR** Functional Fitness Room
- P** Pool                                **A** Studio A

! High Intensity    ∞ Family Friendly / Kid class  
 B Bilingual English/Spanish

## Aquatic Exercise Classes ∞

MON	TUES	WED	THURS	FRI
	Aqua Fit 8:00-8:50a Joan			
	Hydro Burn 9:00-9:50a Joan			Deep Water Fitness 9:00-9:50a Beth
Aqua Tabata 10:00-10:50a Michelle	Aqua Yoga 10:00-10:50a Jessica	Aqua Fit 10:00-10:50a Shonna		Aqua Tabata 10:00-10:50a Beth
Fluid Movement 11:00-11:50a Michelle		Fluid Movement 11:00-11:50a Shonna		