

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.

CARDIO DANCE

If you love to dance and workout, this class is for you. It 45 minutes of cardio dance. Suitable for all fitness levels.

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.

Cardio Splash A deep/s 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 (asana).

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 – Hwa Yu Tai Chi uses slow, spherical, flowing movements to increase physical and mental energy while promoting a meditative whole mind and body connectedness

Tai Chi for Arthritis/Balance 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.

Hatha – Mindful yoga – focuses on strengthening and nurturing the connective tissue. It can be therapeutic and challenging, yet is suitable for the beginner to advanced yogi.

CIRCL Mobility is a mobility and flexibility group exercise class designed to help you move your body the way it's intended to move. Based on the science of functional movement, CIRCL Mobility focuses on flexibility, breathwork, and mobility exercises to enhance the way you move throughout the day.



GROUP EXERCISE

January 2025

CORPENING YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 pm. - 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

January 2025

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			
9:00-9:45 am <input type="checkbox"/> Gentle Yoga Mary S-Studio A		8:30-9:30 am <input type="checkbox"/> Gentle Yoga Danielle-Studio A				
9:00-9:45 am ! Total Body Jody-Studio B	9:00-9:45 am ⁺ Group Cycle Joyce-Cycle Studio	9:00-9:45 am ! Total Body Jody-Studio B	9:00-9:45 am ⁺ Group Cycle Joyce-Cycle Studio	9:00-9:45 am ! Total Body Jody-Studio B	9:00-9:45 am ⁺ Group Cycle Joyce-Cycle Studio	
9:30-10:30 am <input type="checkbox"/> Fluid Movement Louise-Pool	9:30-10:30 am <input type="checkbox"/> Fluid Movement Jeanette-Pool	9:30-10:30 am <input type="checkbox"/> Fluid Movement Louise-Pool	9:30-10:30 am <input type="checkbox"/> Fluid Movement Jeanette-Pool	9:30-10:30 am <input type="checkbox"/> Fluid Movement Louise-Pool		
10:00-11:00 am <input type="checkbox"/> Chair Yoga Mary Morris Studio A	9:00-10:00 am ⁺ Vinyasa Flow Yoga Mary Morris-Studio A	10:00-11:00 am <input type="checkbox"/> Chair Yoga Miranda-Studio A	9:00-10:00 am ⁺ Vinyasa Flow Yoga Miranda-Studio A			
10:00-11:00 am ! BODYPUMP Mary Stang-Studio B		10:00-11:00 am <input type="checkbox"/> Tai-Chi David-Studio B	10:00-11:00 am ! BODYPUMP Mary Stang-Studio B	10:00-11:00 am <input type="checkbox"/> Tai-Chi David-Studio B	10:00-10:45 am ! Total Body Studio B	
	10:15-11:15 am Tai-Chi for Arthritis/Balance Janice-Studio A		10:15-11:15 am Tai-Chi for Arthritis/Balance Janice-Studio A			2:00-3:00 PM <input type="checkbox"/> Pilates Gerri-Studio A
4:30-5:30 pm ⁺ Cardio Splash Cris-Pool		4:30-5:30 pm ⁺ Cardio Splash Cris-Pool				
4:30-5:15 pm ⁺ RPM Leslie-Cycle Studio	4:30-5:15 pm ! Strength Fesio a Leslie-Studio B	4:30-5:15 pm ⁺ RPM Leslie-Cycle Studio	4:30-5:15 pm ! Strength Fesio a Leslie-Studio B			
6:00-6:45 pm <input type="checkbox"/> Zumba Tracy-Studio B	6:15-7:00 pm <input type="checkbox"/> Cardio Dance Alex-Studio B		6:00-6:45 pm <input type="checkbox"/> Zumba Toning Tracy-Studio B			
6:30-7:30 pm ⁺ Hatha-Mindful Yoga Tamara-Studio A		6:30-7:30 pm ⁺ Hatha-Mindful Yoga Tamara-Studio A	6:30-7:30 <input type="checkbox"/> Circi Tamara-Studio A			

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 **!** High Intensity

⁺ Intermediate ∞ Family Friendly

Be Sure to grab our Healthy Aging Calander to see all of the current senior events.

Silver and Strong: Small Group Training on Tuesday and Thursday from 10:00-10:45.

See Front Desk for more information or to register.

Personal Training Packages 15% off January 13-26. Excludes Jumpstart Package. Limited to 24 sessions of 30 minutes or 1 hour.

VIRTUAL GROUP EX



ymcawnc.org/virtual-y