

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.

CARDIO

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.

Step is ideal for adding training variety to your workout routine. You will do it all in 45 min ,walk, jog, run, jump, plyometrics, balance drills, lateral drills and quickness drills — all on and off of The STEP . The workout starts with a warm-up, takes you through multiple levels of cardio and finishes with conditioning and toning of your core and upper body.

STRENGTH

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.

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. It will burn up to 400 calories**. 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

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.

Pilates Designed to condition and strengthen abdominal and lower back muscles, as well as increase individual flexibility.

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.

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.

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 that focusing on the muscles.

Yogalates is the integration of class pilates exercises with slow flow yoga. We will be focusing on the strengthening the muscles of the core with particular attention to the abdominal. We also will focus on the lengthening muscles through yoga flow sequences. Yogalates will leave you feeling stronger and more flexible throughout the whole body.

Yoga Nidra also known as "yogic sleep," is a guided meditation practice that aims to induce a deep state of relaxation and inner stillness. Yoga Nidra Reduces anxiety and depression, Improves sleep quality, Promotes emotional well-being, Enhances cognitive function, and Boosts the immune system.

Stretch and Roll Need to loosen up from the day? This class dedicates 45 minutes to self care! We will go through various stretches, movements and foam rolling techniques to help you bring more balance and to ease the tension in your hard working body. Mobility strategies will be taught to help you better understand how and where your body is holding excess tension, and teach you various modalities to loosen it up! Attention will be given to the entire body; neck, shoulders, pecs, upper back, spinal mobility, glutes, hip flexors and legs.



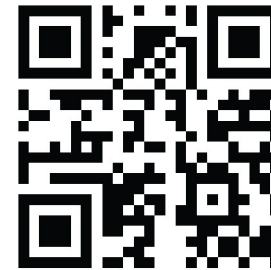
GROUP EXERCISE SCHEDULE

Woodfin YMCA

March 2025

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

CHILDCARE HOURS

Mon.-Sat 8:00am–12:30pm
Mon-Thurs 4:00–7:30 pm
Sun. 9:00–12:00 pm



WOODFIN YMCA GROUP EXERCISE SCHEDULE

MARCH 2025

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 Step/Strength Fusion-SB Marian	8:00-8:45 a ∞ The Groove-SA Leanna	BODY PUMP Express -SB Cameron	8:00-8:45 a ∞ The Groove-SB Leanna	7:45-8:30 a Cycle-SB Becky	8:10-9:10 a Cycle-SB Copland	
8:45-9:45 a Body Balance-SA Shona	8:00-8:45 am Yogalates-SA Gillian	8:45-9:45 am BodyBalance-SA Shona	8:00-8:45 am Yogalates-SA Gillian	8:45-9:45 a BodyBalance-SA Shona		
9:00-9:45 a Strength Fusion-SB Jessica	9:00-10:00 a Vinyasa Yoga -SA Kate	9:00-9:45 a Strength Fusion-SB Jessica	9:00-10:00 a Vinyasa Yoga -SA Vinita	9:00-9:45 a Strength Fusion-SB Shelley	9:30-10:30 a Body Pump-SB Kate	9:30-10:15 a BODY PUMP Express- SB Kate
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 Gillian	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 Judy	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 Shelley	10:00-10:45 a ∞ Zumba Gold-SB Nancy	10:15-11:15 a Body Pump-SB Shelley	10:00-10:45 a ∞ Zumba-SB Eugenia	10:45-11:45 a Body Pump-SB Cameron	10:30 -11:15 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 Elspeth
11:15-12:30 pm Yin Yoga-SA Anwen	11:30-12:15 p Zumba-SB Deborah	11:15-12:30 p Yin Yoga-SA Anwen	11:30-12:15 p Zumba-SB Rico	11:15-12:15 p Pilates-SA Shonna	12:00-12:45 p Zumba-SB Lena	11:30-12:15 pm Strength Fusion-SB Conny
	12:30-1:15 p Cycle-SB Jessica	12:15-1:00 p The Groove-SB Judy Starts 3/12	12:30-1:15 p Cycle-SB Jessica		12:15-1:30 pm Yin Yoga-SA Anwen	12:15-1:15 p BodyBalance-SA Karen
4:00-4:45 p ∞ Hip Hop Fitness-SB Karen	1:30-2:15 pm Strength Fusion-SB Conny				2:00-3:00 p Tai Chi-SA Alex	
4:00-5:00 p Barre-SA Rebecca		4:00-4:45 p ∞ Zumba-SB Erica				
5:00-6:00 p BODY PUMP-SB Karen		4:00-5:00 p Pilates-SA Shonna	4:00-5:00 P Barre-SA Maddie			
5:15-6:15 p ∞ Vinyasa Yoga-SA Hillary	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			
6:15-7:00 P Stretch and Roll-SB Dr. Ian	5:15-6:15 p ∞ Vinyasa Yoga-SA Elspeth	5:15-6:15 p ∞ Vinyasa Yoga-SA Leanna	5:15-6:15 p Vinyasa Yoga-SA Ely			
6:30-7:30 p Yoga Nidra-SA Janet	6:30-7:15 p Strength Fusion-SB Elly	6:00-7:00 p Cycle-SB Copland	6:30-7:15 p Strength Fusion-SB Elly			

SCHEDULE KEY

Classes in **YELLOW** are new or have changed
PURPLE are for Les Mills 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