



# REUTER GROUP EXERCISE SCHEDULE

Spring 2021

May

- New to Group Exercise Class
  - ! High Intensity, Experienced Exercisers
  - ∞ Kids Class / Family Friendly
- Reservations required for all classes for all participants. ACTIVE MEMBERS ONLY.**

- PL Parking Lot
- BP Biltmore Park Entrance
- Gym Gymnasium
- P Pool
- A Studio A
- MB Mind Body Studio
- FFR Functional Fitness Room

| MON  | TUES   | WED   | THURS  | FRI   | SAT  | SUN   |
|--|--|---|--|---|--|---|
| 8:15a-9:00a !<br><b>Athletic Conditioning-PL</b><br>Corey-hi   | 6:00a-6:45a !<br><b>Athletic Conditioning-BP</b><br>Kelly-hi | 8:15a-9:15a •<br><b>Group Power-A</b><br>Gena-mod/hi        | 6:00a-6:45a !<br><b>Athletic Conditioning-BP</b><br>Kelly-hi | 8:15a-9:15a •<br><b>Group Power-A</b><br>Emily-mod/hi           | 9:00a-9:50a ∞<br><b>Hip Hop Fitness-A</b><br>Shellie/Eleanor-mod | 2:00p-2:50p ∞<br><b>Hip Hop Fitness-PL</b><br>Amanda-mod/hi |
| 8:30a-9:30a<br><b>Vinyasa Yoga-A</b><br>Lindsay-mod            | 8:15a-9:15a ∞<br><b>PiYo Live@-A</b><br>Gena-mod/hi          | 9:00a-9:50a ∞<br><b>Hydro Burn-P</b><br>Shonna-hi           | 8:15a-9:15a ∞<br><b>PiYo Live@-A</b><br>Gena-mod/hi          | 8:30a-9:20a •<br><b>Vinyasa Yoga-MB</b><br>Tammy-mod            | 9:30a-10:30a<br><b>Power Yoga-A</b><br>Tammy-mod/hi              |   |
| 8:45a-9:45a •<br><b>Chair Yoga-MB</b><br>Kathryn-low           | 9:00a-9:50a ∞<br><b>Hydro Burn-P</b><br>Laura-mod            | 9:30a-10:15a •<br><b>Group Ride-BP</b><br>Alan-mod/hi       | 8:45a-9:45a • ∞<br><b>Gentle Yoga-MB</b><br>Kathryn-low      | 9:30a-10:15a<br><b>Group Cycle-BP</b><br>Kelly-mod/hi           | 9:30a-10:15a<br><b>Group Ride-BP</b><br>Alan-mod/hi              |   |
| 9:00a-9:50a ∞<br><b>Hydro Burn-P</b><br>Shonna-hi              | 9:30a-10:15a<br><b>Core Conditioning-MB</b><br>Gena-mod      | 9:45a-10:30a ∞<br><b>Zumba-PL</b><br>Natalie-mod/hi         | 9:00a-9:50a ∞<br><b>Cardio Splash-P</b><br>Dee-mod           | 9:30a-10:15a •<br><b>Step-A</b><br>Julie R-mod/hi               | 10:00a-10:50a ∞<br><b>PiYo Live@-A</b><br>Corey-mod/hi           |   |
| 9:45a-10:30a ∞<br><b>Cardio Dance-Gym</b><br>Alan/Laura-mod/hi | 9:30a-10:15a<br><b>Step-PL</b><br>Julie R-mod/hi             | 10:00a-10:45a ! ∞<br><b>Aqua Tabata-P</b><br>Shonna-hi      | 9:30a-10:15a<br><b>Core Conditioning -A</b><br>Gena-mod      | 9:45a-10:30a ∞<br><b>Hip Hop Fitness-Gym</b><br>Ilysa-mod/hi    |  |   |
| 10:00a-10:45a ! ∞<br><b>Aqua Tabata-P</b><br>Shonna-hi         | 10:00a-10:45a ! • ∞<br><b>Aqua Tabata-P</b><br>Alan-hi       | 11:00a-11:50a ∞<br><b>Fluid Movement-P</b><br>Shonna-low    | 10:00a-10:50a ∞<br><b>Hydro Burn-P</b><br>Laura-mod          | 10:30a-11:20a • ∞<br><b>Low Impact Fitness-A</b><br>Emily P-low |  |   |
| 10:30a-11:20a ∞<br><b>Low Impact Fitness-A</b><br>Emily P-low  | 10:30a-11:20a ∞<br><b>Barre-A</b><br>Corey-mod               | 12:00p-12:45p<br><b>Athletic Conditioning-A</b><br>Rose-hi  | 10:15a-11:05a • ∞<br><b>Pilates-MB</b><br>Dionna-mod         | 10:30a-11:00a !<br><b>R30 -BP</b><br>Alan-mod/hi                |  |   |
| 12:00p-12:45p<br><b>Athletic Conditioning-PL</b><br>Kelly-hi   | 5:30p-6:30p •<br><b>Power Yoga-MB</b><br>Rose-mod/hi         | 12:30p-1:15p • !<br><b>TRX-FFR</b><br>Julie W-hi            | 10:30a-11:20a ∞<br><b>Barre-A</b><br>Corey-mod               | 12:00p-12:45p<br><b>Athletic Conditioning-PL</b><br>Kelly-hi    |  |   |
| 5:30p-6:15p ∞<br><b>Hip Hop Fitness-A</b><br>Shellie-mod/hi    |  | 5:30p-6:15p ∞<br><b>Hip Hop Fitness-A</b><br>Shellie-mod/hi | 5:30p-6:30p<br><b>Group Power-A</b><br>Carrie Anne-mod/hi    |   |  |   |
| 6:00p-6:45p !<br><b>Athletic Conditioning-BP</b><br>Tony-hi    |  | 6:00p-6:45p !<br><b>Athletic Conditioning-BP</b><br>Tony-hi | 5:30p-6:30p<br><b>Power Yoga-MB</b><br>Lindsay-mod/hi        |   |  |   |
| 6:30p-7:30p<br><b>Group Power-A</b><br>Carrie Anne-mod/hi      |  |   |  |   |  |   |
|  |  |   |  |   |  |   |
|  |  |   |  |   |  |   |

| YMCA of WNC Virtual Classes   |                        |                                 |                         |                                  |     |
|---|------------------------|---------------------------------|-------------------------|----------------------------------|-----|
| MON   | TUES                   | WED                             | THURS                   | FRI                              | SAT |
|   |                        |                                 |                         |                                  |     |
| Athletic Conditioning<br>8a-8:45a   |                        |                                 | Vinyasa Yoga<br>8:15-9a |                                  |     |
| Total Body<br>9-9:45a   | Gentle Yoga<br>9-9:45a | Total Body<br>9-9:45a           |                         | Athletic Conditioning<br>9-9:45a |     |
| Gentle Yoga<br>10-11a   |                        | Gentle Yoga<br>10-11a           | Kickboxing<br>10-11a    | Zumba<br>10-11a                  |     |
| Stretch and Flex<br>11-11:45a   | Pilates<br>11-11:45a   | Low Impact Fitness<br>11-11:45a | Pilates<br>11-11:45a    | Stretch and Flex<br>11-11:45a    |     |
|   | Barre<br>12p-12:45p    |                                 |                         |                                  |     |
|   |                        |                                 |                         |                                  |     |
|   | Zumba<br>6-6:45p       |                                 | Zumba<br>6-6:45p        |                                  |     |
| <p><b>Find these live virtual classes, and an online video library of classes you can do at your convenience, at:</b><br/> <a href="http://ymcawnc.org/virtual-y">ymcawnc.org/virtual-y</a></p> |                        |                                 |                         |                                  |     |

## GROUP EXERCISE CLASS DESCRIPTIONS

### CARDIO

**Group Ride/R30** a fun group cycle class that will improve your cardio fitness, burn calories, shape & strengthen your lower body, & have fun while doing it! You control the intensity of the workout by adjusting your own bike. It's a great workout for all levels whether you are just starting out or are an avid cyclist looking to train indoors.

**PiYo** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength & flexibility of flowing yoga movements for an intense yet low-impact work out.

### CARDIO / STRENGTH

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

**Group Power** Combines traditional strength training exercise with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this workout, plus fantastic music to keep you motivated!

**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.

### 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! Barre Fusion – Includes aspects of Yoga

**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!

**Cardio Dance** If you love to dance and workout, this class is for you. It uses fun and easy-to-follow cardio dance moves to tone lower body and core. 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.

**Aqua Tabata** Uses water resistance with several basic aqua moves done for a short period of time at a high intensity & a short rest in between.

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

**Cardio Splash** A moderate intensity class that will jumpstart your cardiovascular workout. Includes core strengthening & stretching for maximum flexibility & range of motion.

### 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.

**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.

**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.

**How to register for classes:** Using the mobile app, use the "reserve your spot" tile to find the desired class, then click the "book now" button. Or, on [ymcawnc.org](http://ymcawnc.org) click "Schedules" at the top of the page. Click "Reuter" & scroll through the schedule to view the desired class. Click the "Sign Up" button.

*\*\*Water Classes are designated family friendly but children under the age of 13 must pass a swim test in order to participate.*



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

REUTER FAMILY YMCA

MAY 2021

REUTER FAMILY YMCA  
3 Town Square Boulevard  
Asheville, NC 28803  
828 651 9622 • [ymcawnc.org](http://ymcawnc.org)

## UPCOMING EVENTS & INFO

**CLASSES** – Please bring your own mat and other equipment as required by format.

Classes with '∞' are family friendly. Ages 7 and up may attend; under age 13 must have an adult/guardian present

**WEATHER** - In the event of inclement weather, we will move outdoor classes inside. You will be notified of any location changes no later than one hour before class start time. If there is a lightning strike within 6 miles, we will wait for 30 minutes until after the last lightning strike to resume classes. We may also cancel classes in the event of any inclement weather coming so we can notify instructors and participants in a timely manner. Please download our app for the most current updates.

**APP** - To download the Y app, search your app store for YMCA of WNC.

**OTHER PROGRAMS** - Check out the Y Weight Loss Program and Diabetes Prevention Program on our website [YMCAWNC.org](http://YMCAWNC.org).

## Hours of Operation

Mon-Thurs 5:30am - 8:00pm

Fri 5:30am - 5:00pm

Sat 8:00am - 6:00pm

Sun 12:00pm - 5:00pm

Reservations required for Lap Swim and all Group Fitness Classes, including Water Fitness Classes. You can reserve your spot through our app or website. Every member will need a reservation and classes are open to active members only.

For more information, contact:  
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