



# GROUP EXERCISE

## CORPENING MEMORIAL YMCA

### October 2021

FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

#### WATER

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

**Fluid Movement** Suitable for all fitness levels, this class offers walking and range of motion exercises to increase mobility, flexibility, balance and endurance. Great for participants with joint and mobility limitations.

#### Mind & Body

**Gentle Yoga** A yoga class with a gentle approach. Class will work through a series of gentle postures with a focus on basic alignment and techniques

**Vinyasa Yoga** designed to increase strength and flexibility through flowing from one pose to the next.

#### CARDIO/STRENGTH

**Cardio Fusion** strength training moves combined with cardiovascular exercises; a well-rounded total body workout.

**Group Cycle** Speed, resistance and more create an exciting and challenging indoor cycle experience. Please arrive 15 minutes prior to group cycle if new.

**Pump'd** A total Barbell program that incorporates functional strength training. This program will burn calories, shape and tone your entire body, and increase core strength in this musically based program.

**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.

#### CARDIO/STRENGTH

**Zumba** A Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

**Zumba + Zumba Toning** ® For those who want to party AND sculpt and define your muscles. This class combines traditional Zumba ® Fitness dance routines with light hand weights for a fun workout!

#### GROUP EXERCISE GUIDELINES

- ◇ All classes require pre-registration using the YMCA of WNC App or call 828-659-9622
- ◇ You may register for classes up to 24 hours in advance
- ◇ Classes limited to state capacity guidelines and socially distance
- ◇ Please arrive 15-20 minutes early to ensure enough time to complete your health screening
- ◇ If 4 or less are registered 1 hour prior to class, the class will be cancelled
- ◇ Many classes are outdoors and weather dependent, you will be notified of any weather related changes to classes using the email provided at registration

Bring your own water and a mat or towel, classes will be modified.

#### FACILITY HOURS

Mon-Thurs	5:00 am - 8:00 pm
Fri	5:00am - 6:00pm
Sat	8:00am - 12:00 pm
Sun	CLOSED

#### CORPENING MEMORIAL YMCA

348 Grace Corpening Drive  
 Marion, NC 28752  
 828 659 9622 • ymcawnc.org

#### DOWNLOAD OUR FREE YMCA OF WNC APP

Available for Apple & Android phones

View Group Exercise schedules

Receive notifications when classes are canceled (must turn on all notifications)

Scan in without having to bring your card

Register for programs

Receive alerts and facility closures





# GROUP EXERCISE SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45 am ! Cardio Fusion Ron-Outside/Gym	9:00-9:45 am * Group Cycle Joyce-Outside/Gym	9:00-9:45 am ! Cardio Fusion Ron-Outside/Gym	5:30-6:15 am * Group Cycle Joyce-Outside/Gym	9:00-9:45 am ! Cardio Fusion Ron-Outside/Gym	8:30-9:15 am * Group Cycle Joyce-Outside/Gym
9:30-10:30 am • Open Swim No Instructor-Pool	9:30-10:30 am • Fluid Movement Jeanette-Pool	9:30-10:30 am • Open Swim No Instructor-Pool	8:30-9:30 am • ∞ Gentle Yoga Danielle-Fieldhouse	9:30-10:30 am • Open Swim No Instructor-Pool	
<b>9:30-10:45am • Walking Club</b>	9:30-10:30 am * Vinyasa Flow Bev-B		9:30-10:30 am • Fluid Movement Jeanette-Pool		
10:00-10:45 am ! Pump'd Mary-Fieldhouse/B	6:00-6:45 pm • ∞ Zumba Gerri-Fieldhouse	4:15-5:15 pm * Cardio Splash Cris-Pool	10:00-10:45 am ! Pump'd Mary-Fieldhouse/B		<ul style="list-style-type: none"> <li>• Great for any level</li> <li>* Intermediate</li> <li>! High intensity</li> <li><b>Bold</b> New/changed</li> <li>∞ Family Friendly 7-12 year old's are invited to attend class and must actively participate in the class under direct adult supervision.</li> <li><b>Reservations required through our mobile app.</b></li> </ul>
4:15-5:15 pm * Cardio Splash Cris-Pool	6:00-7:00 pm * Vinyasa Yoga Crystal-B	<b>6:00-6:45 pm ! Group Cycle Jody-Outside</b>	4:15-5:15 pm * Cardio Splash Cris-Pool		
4:30-5:15 pm ! Cardio Fusion Leslie-B			4:30-5:15 pm ! Strength Fusion Leslie-B		
			6:00-6:45 pm • ∞ Zumba Tracy-Fieldhouse		
			6:00-7:00pm ! Vinyasa Crystal-B		
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content;"> <p><b>VIRTUAL GROUP EXERCISE CLASSES</b></p> <p>Find live virtual classes, and an online video library of classes members have access to at your convenience, at: <a href="http://ymcawnc.org/virtual-y">ymcawnc.org/virtual-y</a></p> </div>					