

# 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.

## 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.

**Cardio Splash** A deep/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 (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.

**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** - 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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

## May 2024

### CORPENING YMCA

Corpening Memorial YMCA

348 Grace Corpening Dr | 828-659-9622

[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-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

## May 2024

MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:15 am * <b>Group Cycle</b> Joyce-Cycle Studio	5:30-6:15 am ! <b>Total Body</b> Jody-Studio B	5:30-6:15 am * <b>Group Cycle</b> Joyce-Cycle Studio	5:30-6:15 am ! <b>Total Body</b> Jody-Studio B			
		8:30-9:30 am ● <b>Gentle Yoga</b> Danielle-Studio A				
9:00-9:45 am ! <b>Cardio Fusion</b> Ron-Studio B	9:00-9:45 am * <b>Group Cycle</b> Joyce-Cycle Studio	9:00-9:45 am ! <b>Cardio Fusion</b> Ron-Studio B	9:00-9:45 am * <b>Group Cycle</b> Joyce-Cycle Studio	9:00-9:45 am ! <b>Cardio Fusion</b> Ron-Studio B	9:00-9:45 am * <b>Group Cycle</b> Joyce-Cycle Studio	
9:30-10:30 am ● <b>Fluid Movement</b> Louise-Pool	9:30-10:30 am ● <b>Fluid Movement</b> Jeanette-Pool	9:30-10:30 am ● <b>Fluid Movement</b> Louise-Pool	9:30-10:30 am ● <b>Fluid Movement</b> Jeanette-Pool	9:30-10:30 am ● <b>Fluid Movement</b> Louise-Pool	9:00-9:45 am ∞● <b>Zumba</b> Tracy-Studio B	
10:15-11:15 am ● <b>Chair Yoga</b> Mary Morris-Studio A	9:30-10:30 am * <b>Vinyasa Flow Yoga</b> Bev-Studio A	10:15-11:15 am ● <b>Chair Yoga</b> Mary Morris-Studio A	9:30-10:30 am * <b>Vinyasa Flow Yoga</b> Bev-Studio A			
10:00-11:00 am ! <b>BODYPUMP</b> Mary Stang - Studio B		10:00-11:00 am ● <b>Tai-Chi</b> Janice - Studio B	10:00-11:00 am ! <b>BODYPUMP</b> Mary Stang - Studio B	10:00-11:00 am ● <b>Tai-Chi</b> Janice - Studio B	10:00-10:45 am ! <b>Total Body</b> Studio B	
4:30-5:15 pm * <b>Cardio Splash</b> Cris-Pool		4:30-5:15 pm * <b>Cardio Splash</b> Cris-Pool				2:00-3:00 PM ● <b>Pilates</b> Gerri - Studio A
4:30-5:15 pm * <b>RPM</b> Leslie-Cycle Studio	4:30-5:15 pm ! <b>Strength Fusion</b> Leslie-Studio B	4:30-5:15 pm * <b>RPM</b> Leslie-Cycle Studio	4:30-5:15 pm ! <b>Strength Fusion</b> Leslie-Studio B			
5:30-6:30 pm * <b>Vinyasa Yoga</b> Mary Morris - Studio A	5:30-6:15 pm ∞● <b>Zumba</b> Gerri-Studio B	5:30-6:30 pm * <b>Vinyasa Yoga</b> Mary Morris - Studio A				
			6:00-6:45 pm ∞● <b>Zumba</b> Tracy-Studio B			

### 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

### EVENTS

**Maker Mondays on the 1st Monday of each month from 11-12**

**Book Club on the 3rd Monday of each month from 11-12**

**Overview of Mental Health Part 2 with Vaya Health from 11-12**

**Register at the Front Desk**

### VIRTUAL GROUP EX



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