

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.

Dynamic Dance Join us for this all inclusive dance class for any level of mental/physical ability. This class will include simple movements and structured free-form dance to pair with fun, music and exercise. We hope to put a smile on your face and fill your heart with joy!

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.

MIND / BODY

Gentle Yoga A gentle yoga class for anyone looking for a relaxing practice.

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

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.

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.

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.

Foam Rolling Foam rolling is a do it yourself myofascial release technique where you push your muscles against a firm surface rolls to alleviate muscle tension and soreness. Come roll those aches and pains away!

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.



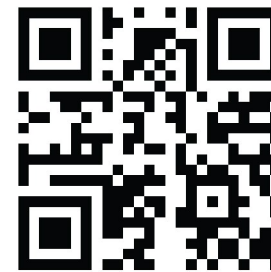
GROUP EXERCISE SCHEDULE

Woodfin YMCA

SEPTEMBER 2024

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

SEPTEMBER 2024

| 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 | 8:00-8:45 a Cycle-SB Becky | 8:10-9:10 a Cycle-SB Copland | |
| 8:45-9:45 a Body Balance-SA Shona | | 8:45-9:45 am BodyBalance-SA Shona | | 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 Tanya | 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 Jessica | 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 Tanya | 10:15-11:15 a Pilates-SA Vinita | 10:00-11:00 a ∞ Gentle Yoga-SA Tanya | 10:15-11:15 a Pilates-SA Vinita | 10:00-11:00 a ∞ Gentle Yoga-SA Shonna | 10:00-10:45 a Dynamic Dance-SA Sherra | 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 Staff | 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 Starts 9/14 | 11:30-12:15 pm Strength Fusion-SB Conny |
| | 12:30-1:15 p Cycle-SB Jessica | 12:15-12:45 pm Foam Rolling-SB Ian | 12:30-1:15 p Cycle-SB Jessica | 12:15-12:45 pm Foam Rolling-SB Ian | 12:15-1:30 pm Yin Yoga-SA Anwen | 12:15-1:15 p BodyBalance-SA Karen |
| | 1:30-2:15 pm Strength Fusion-SB Conny | | | | | |
| 4:00-4:45 p ∞ Hip Hop Fitness-SB Karen | | 4:00-4:45 p ∞ Zumba-SB Erica | | | | |
| 4:00-5:00 p Barre-SA Rebecca | | 4:00-5:00 p Pilates-SA Sylvan | | | | |
| 5:00-6:00 p BODY PUMP-SB Karen | 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 | | | |
| 5:15-6:15 p ∞ Vinyasa Yoga-SA Hillary | 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 Sylvan | | | |
| | 6:30-7:15 p BODY PUMP Express -SB Kate | 6:00-7:00 p Cycle-SB Copland | 6:30-7:15 p BODY PUMP Express -SB Kate | | | |

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