

# 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.

## CARDIO DANCE

If you love to dance and workout, this class is for you. It 45 minutes of cardio dance. 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.

**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** - Hwa Yu Tai Chi uses slow, spherical, flowing movements to increase physical and mental energy while promoting a meditative whole mind and body connectedness

**Tai Chi for Arthritis/Balance** helps to increase strength, flexibility, mobility and balance. For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.

**Hatha-Mindful yoga** -focuses on strengthening and nurturing the connective tissue. It can be therapeutic and challenging, yet is suitable for the beginner to advanced yogi.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

## December 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

## December 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>Total Body</b> Jody-Studio B	9:00-9:45 am * <b>Group Cycle</b> Joyce-Cycle Studio	9:00-9:45 am ! <b>Total Body</b> Jody-Studio B	9:00-9:45 am * <b>Group Cycle</b> Joyce-Cycle Studio	9:00-9:45 am ! <b>Total Body</b> Jody-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		
10:00-11:00 am ● <b>Chair Yoga</b> Mary Morris Studio A	9:00-10:00am * <b>Vinyasa Flow Yoga</b> Mary Morris-Studio A	10:00-11:00 am ● <b>Chair Yoga</b> Miranda-Studio A	9:00-10:00 am * <b>Vinyasa Flow Yoga</b> Miranda-Studio A			
10:00-11:00 am ! <b>BODYPUMP</b> Mary Stang - Studio B		10:00-11:00 am ● <b>Tai-Chi</b> David - Studio B	10:00-11:00 am ! <b>BODYPUMP</b> Mary Stang - Studio B	10:00-11:00 am ● <b>Tai-Chi</b> David - Studio B	10:00-10:45 am ! <b>Total Body</b> Studio B	
	10:15-11:15 am <b>Tai-Chi for Arthritis/ Balance</b> Janice—Studio A		10:15-11:15 am <b>Tai-Chi for Arthritis/ Balance</b> Janice—Studio A			2:00-3:00 PM ● <b>Pilates</b> Gerri - Studio A
4:30-5:30pm * <b>Cardio Splash</b> Cris-Pool		4:30-5:30pm * <b>Cardio Splash</b> Cris-Pool				
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			
6:00-6:45 pm ∞● <b>Zumba</b> Tracy-Studio B	6:15-7:00 pm ∞● <b>Cardio Dance</b> Alex-Studio B		6:00-6:45 pm ∞● <b>Zumba Toning</b> Tracy-Studio B			
6:30-7:30 pm * <b>Hatha-Mindful Yoga</b> Tamara-Studio A		6:30-7:30 pm * <b>Hatha-Mindful Yoga</b> Tamara-Studio A				

### 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
- \* Intermediate
- ! High Intensity
- ∞ Family Friendly

**Be Sure to grab our Healthy Aging Calander to see all of the current senior events.**

**Don't forget Holiday Crunch is in full swing.**

**Holiday schedule:**

**December 24: 5:00am-4:00pm**

**December 25 Closed**

**December 31: 5:00am- 4:00pm**

### VIRTUAL GROUP EX



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