

GROUP EXERCISE CLASS DESCRIPTIONS

DANCE

Cardio Dance If you love to dance and workout, this class is for you. It starts with 30 minutes of fun and easy-to-follow cardio dance and finishes with strength work to challenge your core and strengthen abs. Suitable for all fitness levels.

CYCLE

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.

Cycle Fusion - Cycle Fusion is an intense combination class where cycling meets strength training, everything you need in one class!

RPM 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.

COMBINATION

BODYPUMP™ is 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!

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.

COMBINATION cont'd

Low Impact Fitness Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones. Increase your muscular strength and range of movement as well as your cardiovascular fitness, helping with activities of daily living.

Sit to be Fit A 45-minute chair-based class for seniors or physically challenged individuals. Warm up, sitting or standing, stretch, 12-15 minutes cardio in the chair. A light resistance training: balance, stretching, and relaxation.

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

CARDIO

HIIT High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus. You'll experience short, intense bouts of exercise using many modes of training.

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

MIND / BODY

Tai Chi for Arthritis 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.

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. Intensity level is set by the instructor, and all poses are modified for all levels.

Restorative Yoga In this class, students will work with props to achieve postures that are restful and meditative. Poses are held for longer, and movement is slow and intentional. This class is great for beginners, those seeking relaxation, or participants with joint and mobility limitations.

Power Yoga An active yoga style that moves more quickly through yoga poses building heat, strength and flexibility. Poses flow together, or are linked with sun salutations. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

Chair Yoga: Stretch, breathe and relax without having to get up and down from the floor. This class is ideal for anyone with mobility concerns or may be recovering from an injury.

AQUATICS

Aqua Tabata A class that is safe, effective and a challenging water-based workout, that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

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

Hydroburn/DEEP WATER A high-intensity total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

January 2024

BLACK MOUNTAIN YMCA

Black Mountain YMCA
25 Jane Jacobs Rd | 828-552-3620
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	5:30 a.m. - 9:00 p.m.
Fri	5:30 a.m. - 7:00 p.m.
Sat	8:00a.m. - 2:00p.m.
Sun	1:00 p.m. - 5:00 p.m.

CHILDCARE HOURS

Mon-Fri	8:00 a.m.-12:00 p.m.
Mon-Thur	4:00 p.m.-7:00 p.m.
Sat	8:00 a.m.-12:00 p.m.
Sun	CLOSED

BLACK MOUNTAIN GROUP EXERCISE SCHEDULE

JANUARY 2024

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-7:00a ! Cycle Donette		6:00-7:00a ! Cycle Julie G.		6:00-7:00a ! Cycle Fusion Carla	8:45a-9:30a ! Cycle Rotating instructor	
	7:00-8:00a mod Strength Fusion Karen		7:00-8:00a mod Strength Fusion Karen		9:45a-10:45a mod/hi Saturday Group Rotating instructor	2:00p-3:00p low Restorative Yoga Martha
8:45a-9:30a ! RPM Katy D.	8:45a-9:30a mod Cardio Dance Sadie S.	8:45a-9:30a ! RPM Katy D.	8:45a-9:30a mod∞ Barre Jen P.	8:30a-9:15a low∞ Low Impact Fitness Jessica	11:00a-12:00p mod Yoga Rotating instructor	
9:45a-10:45a mod/hi BODYPUMP Jen P.	9:45a-10:45a ! BODYCOMBAT Erica G	9:45a-10:45a mod/hi BODYPUMP Sadie G.	9:45a-10:45a ! BODYCOMBAT Jen P.	9:45a-10:45a mod/hi BODYPUMP Katy D.	12:15p-1:15p low Tai Chi Jay	
11:00-12:00p low Sit to be Fit Carmen	11:00a-12:00p mod Vinyasa Yoga Michele B	11:00a-12:00p mod∞ Barre Jami H	11:00a-12:00p mod Vinyasa Yoga Michele B	11:00a-11:45a mod/hi BODYPUMP Sadie G.	<div style="border: 2px solid black; border-radius: 20px; padding: 10px;"> <h2 style="text-align: center;">EVENTS</h2> <ul style="list-style-type: none"> 1/5 3pm Senior Social Club with Carmen FREE 1/10 4pm Positive and Healthy Aging with Duncan FREE 1/14 2:30-3:30 Breast Cancer and Women's Health with Karen P FREE 1/14 3:30-5 Line Dancing with Sadie FREE 1/21 3:30-4:30 Indoor Plant Care Seminar with Kristina \$60 for members, \$75 for non-members, inquire at the desk! </div>	
	12:15-1:15p low Chair Yoga Kathryn	12:15-1:00p low Sit to be Fit Cyndy	12:15-1:15p low Chair Yoga Kathryn	12:15-1:00p low Sit to be Fit Cyndy		
2:00-3:00p ! Power Yoga Ed		2:00-3:00p ! Power Yoga Ed	2:00-3:00P mod/hi Cardiolates (pilates on the app!) Raven	2:00-3:00p ! Power Yoga Ed		
4:30p-5:30p ! HIIT Amie	4:30p-5:30p ! BODYCOMBAT Jami	4:30p-5:30p mod/hi Strength Fusion Amie	4:30p-5:30p mod/hi BODYPUMP Sadie G.	4:30p-5:15p mod/hi∞ Cardio Dance Christey		
5:45-6:30p mod/hi∞ Step Aerobics Mary Beth	5:45-6:45p mod/hi BODYPUMP Katy D.	5:45p-6:30p ! Cycle Karen S.	5:45p-6:30p ! Cycle Phoebe			
6:45p-7:45p low Tai Chi Jay			6:45p-7:45p low Restorative Yoga Martha	5:45p-6:45p low Tai Chi Jay		

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes
 Classes in **YELLOW** are new or have changed
 Classes in **BLUE** are aquatic classes

O Studio O (Turf Field) **MPR** Multi Purpose Room
Gym Gymnasium **CS** Cycle Studio
MB Mind Body Studio **FR** Functional Fitness Room
P Pool **A** Studio A

! High Intensity ∞ Family Friendly / Kid class

Aquatic Exercise Classes ∞ **				
MON	TUES	WED	THURS	FRI
Deep Water 10:00-11:00a	Aqua Tabata 10:00-10:45a	Cardio Splash 10:00-11:00a	Cardio Splash 10:00-11:00a	Cardio Splash 10:00-11:00a
Sue	Sadie	Sue	Rochelle	Crystal
Aqua Tabata 5:30-6:20p		Cardio Splash 5:30-6:15p		
Sadie		Rochelle		

VIRTUAL GROUP EX

Workout ANYWHERE

ymcawnc.org/virtual-y