



Corpening Memorial Group Exercise Classes



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am Step, Punch, and Sculpt-Tootie	6:00-7:00am RPM Gym-Tootie	6:00-7:00am Core/Super Circuit-Tootie	6:00-7:00am RPM Gym-Tootie	8:15-9:15am SuperCircuit & Interval Training-Anna/Cindy	8:10-9:10 Beginner - Intermediate Martial Arts-Frank Dean
8:30-9:30 a.m. Pilates-Nicole T.	8:15-9:15am Core Sculpting-Anna	8:15-9:15am Training Wheels Gym-Cindy	8:15-9:15am Pilates-Jacque	9:15-10:15am Zumba-Pam	9-10am Spinning-Wheels Gym/ Studio Cindy
9:30-10:15am Zumba-Pam	10:00-11:00am Yoga-Joyce	10:15-11:15am Low Impact Step-Angela	10:00-11:00am Yoga-Joyce	10:15-11:15am Low Impact Step-Angela	9:15-10:15a Zumba For Families! Pam
10:15-11:15am Low Impact Step-Brooke	4:30-5:15 pm Training Wheels Deanna	4:30-5:30 pm Super Circuit and Interval Training-Deanna	4:15-5:15 pm Spinning-Wheels Gym-Cindy	5-5:45pm Super Cardio Core & More-Deb	
4:15-5:00 pm Training Wheels Gym-Cindy	4:30-5:30pm Basic Step & Sculpt Jane/Leslie	5:30-6:30pm Cardio Kickboxing -Leslie	4:30-5:30pm Super Cardio, Core & More-Jane	6-7:00 pm RPM Studio-Jane	
4:30-5:30pm Super Cardio, Core & More Deanna	5:30-6:30 pm TrainingWheels Gym- Cindy	6-7:00pm RPM - Gym-Jane	5:30-6:30pm Basic Step & Sculpt-Deanna		
5:30-6:30pm Zumba-Pam	5:30-6:30 pm Core Stability & Sculpt- Deanna/ Deb		6:45-7:45pm Beginner Pi-lates-Brooke		
6-7:00pm RPM - Gym -Jane					
6:45-7:45pm Beginner Pi-					
<p>We build strong kids, strong families, strong communities.</p>					

Group Exercise Class Descriptions

BASIC STEP & SCULPT Get ready to sweat! As one of the most popular classes in the fitness industry today, Step & Sculpt includes 40-45 minutes of basic step choreography featuring the original Reebok step. Muscle conditioning with resistance and abdominal work follow the aerobics segment, significantly improving muscular strength, muscular endurance, and body composition.

Zumba This high-energy choreographed dance class will keep you moving and shaking to great tunes from the golden oldies to latin salsa. This class is a great way to burn lots of calories, learn new dance moves, and have a great time doing it! Saturday classes are family-friendly so bring the kids and make it a fun family affair.

Cardio Kickboxing This one-hour, medium-intensity class features a combination of martial arts moves and sports specific cardiovascular combinations using the step to achieve a full-body workout. Knockout all of your fitness goals with this comprehensive, cross-training workout that closes with abdominal training and stretching!

RPM (Revolutions per Minute) Cycling has become one of the hottest trends in fitness across the world today! This one-hour non-stop studio cycling class will have you climbing to new heights in your quest for the best shape of your life. You will enjoy rides that will feature specific cycling drills, out-of-the-saddle training (standing postures), and high-energy challenges designed to take you to the next level of cardiovascular fitness. Space is limited, so come early! A water bottle is required for this class!

Low Impact Step A class designed for adult exercisers of all fitness levels that includes basic, easy-to-follow floor and step mixes, stretching, and strength training. This workout aims to develop functional strength, flexibility, balance and coordination.

Super Circuit and Interval Training This one-hour class is a great combination of step, kickboxing and aerobic floor moves followed by strength training, abdominal work and stretching. Designed for all fitness levels!

Yoga A 60-minute invigorating class composed of stretching to help increase flexibility, standing postures to build strength, followed by relaxation techniques, enabling students to enhance spirit, mind and body. This workout focuses on building core strength, increasing balance and body/breath awareness.

Core Stability and Sculpt This class is designed to burn calories and reshape your entire body using the stability ball. This workout will engage all muscle groups with a focus on core conditioning. This class is a great challenge and a great way to upgrade your workout routine. Participants need to wear athletic shoes.

Pilates This class is a conditioning program that improves the body's muscle control, flexibility, coordination, strength and tone. Core training and flexibility are an integral part of this program.

Beginner Pilates This class focuses on the basic principles of pilates with an emphasis on proper breathing techniques. This class is great for beginners!

Training Wheels A Beginner RPM Class!! This class is a one hr beginner level indoor cycling class! Bring a towel, a water bottle and get ready to burn some calories this spring!

Super Cardio Core & More This high energy class features all of your favorites including step, kickboxing, stability ball, and free weights. This is a great way to upgrade your workout routine!

Please direct your questions, comments, concerns to:

Will Ross

Wellness Director

(828) 659-9622 wross@ymcawnc.org

All Classes are in the Group Exercise Studio downstairs, unless stated otherwise. Please arrive for class 5 minutes before the scheduled class in order to prepare your equipment and placement in the class. Thank you!



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strong families,
strong communities.**