

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

Reuter Family YMCA
 828-651-9622 www.ymcawnc.org
 For questions, comments or concerns please contact
 Group Exercise Coordinator Karyn Kattermann at
 kkattermann@ymcawnc.org

Group Exercise
August 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Athletic Conditioning w/Aaron GYM		Athletic Conditioning w/Aaron GYM		8am Tai Chi w/Paul Classroom 2 ★	
7:30am	Cardio Fusion w/Diana Studio A					8am Integrated Strength w/ rotating Studio A	
8:30am	Integrated Strength w/Karyn Studio A	Total Body Training with Gena	Integrated Strength w/Karyn Studio A		Ballet Fusion ☺ w/Karyn Studio A		
8:30am	Senior Strength &Flexibility ★ w.Maureen Classroom 1		Senior Strength &Flexibility ★ w/Maureen Classroom 1		Senior Strength &Flexibility ★w.Marianne Classroom 1	9am Zumba w/ Natalie Studio A ☺ ★	
9:30am	Kickboxing w/Lara N Studio A	Pilates w/ Nikki Studio A ★	Zumba w/Lara N Studio A ☺ ★	Pilates w/Vonda Studio A	Step and Pump w/Julie Studio A		
10:30am	Yoga w/Wes Studio A ★	NIA ☺ ★ Maureen Studio A	Gentle Yoga w/Natalie Studio A ☺ ★	Dynamic Dance ☺ ★ Maureen/Natalie Studio A	Core and Flexibility w/Marianne Multipurpose B	10am Mixed Level Step Curtis/Emily Studio A	2pm Zumba w/Lara N Studio A ☺ ★
10:45am	Zumba ☺ ★ w/Natalie Multipurpose B				Adv. Yoga Sun Salutations w/Wes Studio A	10am Gentle Yoga Natalie Classroom 1 ★ ☺	3pm Yoga w/TBD Studio A ★ ☺
11:30am		Core and Flexibility w/Marianne Studio A				11am Integrated Strength Emily/Corey Studio A	
12:00pm	Athletic Conditioning w/Aaron Studio A	Muscle Pump w/Marianne Studio A	Kickboxing w/Gena Studio A ☺ ★	Yoga w/ Jessa Studio A ☺ ★	Muscle Pump w/Marianne Studio A		
4:30pm	Legs&Core Xpress w/Karyn Studio A	Muscle Pump w/Marianne Studio A	Legs&Core Xpress w/Karyn Studio A				
5:00pm	Flex and Stretch ☺ ★ w/Karyn Studio A		Flex and Stretch ☺ ★ w/Karyn Studio A				
5:30pm	Mixed Level Step Curtis/Emily Studio A	Muscle Pump w/Marianne Studio A	Mixed Level Step Corey/Curtis Studio A	Integrated Strength w/Gena Studio A			
5:30pm	Core Conditioning Marianne Multipurpose B	Pilates w/Schon Classroom 1 ★	Core Conditioning Marianne Multipurpose B	Pilates w/Schon Classroom 1 ★			
6:00pm		6:30 Cardio Light w/ MarianneStudioA ☺ ★	Yoga w/ Alex Classroom 1 ☺ ★				
6:30pm	Zumba Curtis/Colleen ☺ ★ Studio A	Yoga w/Schon Classroom 1 ☺ ★	Zumba Eleanor/Colleen Studio A ☺ ★	Yin Yang Yoga w/Schon Classroom 1 ★			
7:00pm	7:10 Core Conditioning Marianne Multipurpose B		7:10 Core Conditioning Marianne Multipurpose B	Athletic Conditioning w/Aaron Studio A			
7:30pm	TaiChi Workshop w/Bob ★ Studio A						

- Any class with ★ next to it, is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH® program.
- Any class with a ☺ next to it is Family Friendly, meaning ages 7-12 are welcome under direct adult supervision and must be actively participating in the class. Children not supervised, disruptive, or not actively participating may be asked to leave the class at the instructors discretion.
- See the Member Services staff for a list of class descriptions.
- Individual instructors may use different music, music speeds, exercise intensity, teaching styles, and choreography in the classes. Please take this into consideration when selecting classes. We offer a variety of instructors and class formats to appeal to all of our members!
- Studio A is open from 1—4 on Mon—Sat for member use.

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August 2010

G

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Group Cycle w/Ellen		Group Cycle w/Mary		Group Cycle w/ Ellen		
830am				Group Cycle w/Lauren			
9:30am	Group Cycle w/Kristofer		10:00 am Group Cycle w/ Kelly		Group Cycle w/Marianne	9:00am Group Cycle w/Mary	
12:05pm	12:05 Group Cycle w/Vonda			12:05 Group Cycle w/Kelly			1:30pm Group Cycle Ellen/Leigh
5:00pm							
5:30pm	*new time Core Conditioning Marianne		*new time Core Conditioning Marianne		Group Cycle w/Kelly		
6:00pm	6:10 *new time* Cycle Marianne		6:10 *new time* Cycle Marianne				
7:00pm	7:10 Core Conditioning Marianne		7:10 Core Conditioning Marianne				

Group Cycling Classes

You must be 16 years or older to participate .
Due to the popularity of group cycling classes a reservation system is in place .
Tickets will be distributed 15 minutes prior to the beginning of class at the Member Services desk.
Instructors will collect tickets before class.
Numbers on tickets DO NOT correlate with numbers on bikes, choose any bike
You may not get a ticket earlier in the day to use for a class later in the day.

Water Fitness Schedule - Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Water Fitness w/Debbie ★		Water Fitness w/Marianne ★		Water Fitness w/Eliza ★
10:00am	Water Fitness w/Denise ★	Water Fitness w/Debbie ☺ ★	★ Water Fitness w/Debbie	★ Water Fitness w/Denise	★ Water Fitness w/Eliza
11:00am	Aqua Arthritis w/Debbie ★		Aqua Arthritis -* w/Debbie ★		
5:30pm	Water Fitness w/Beth ★		Water Fitness w/Beth ★		Water Fitness w/Beth ★

Group Exercise Class Descriptions-August 2010

Cardio Dance Fitness

Zumba: A Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

Ballet Fusion: No Experience Required! This class incorporates challenging ballet-style movements combining cardio, strength and balance while emphasizing posture and core awareness. Class is performed barefoot..

Cardio Light: A fun, low-intensity cardio workout using basic dance moves emphasizing proper form and correct body alignment used in more advanced classes.

Dynamic Dance: An expressive exercise class combining martial arts, jazz dance and tai chi for mind, body, and spirit balance.

Muscle Conditioning Options

Core Conditioning: a 30 minute class designed to condition and strengthen abdominal and lower back muscles.

Core and Flexibility: A class designed to condition and strengthen abdominal and lower back muscles as well as increase individual flexibility.

Muscle Pump: A strength training class that works the whole body using free weights and bars to develop muscle endurance and strength

Integrated Strength: A class that focuses on building muscle strength and endurance. Instructors will use a challenging combination of techniques and equipment in each class.

Senior Strength and Flexibility: Offered both seated and/or standing, this class focuses on proper breathing with stretch/yoga movements to enhance balance, flexibility and strength,

Flex and Stretch: Designed for improving flexibility, increasing range of motion of limbs and improving blood flow.

Group Cycling Options

Group Cycling: 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 Options

Kickboxing: A fun and invigorating workout designed to challenge you both mentally and physically, this class incorporates kicking, punching and combination drills increasing your stamina, coordination and strength.

Mixed Level Step: Whether you are new to step or an experienced stepper, this class is appropriate for all levels of step participation with fun and interesting choreography sure to challenge the mind and body.

The National YMCA Mission:

“To put Christian principles in to practice through programs that build healthy spirit, mind, and body for all.”

Cardio/Muscle Conditioning Options

Step and Pump: Choreography based step routines appropriate for all levels of steppers. This class also includes a strength segment for a cardio and strength experience.

Athletic Conditioning: Intense cardio, strength, balance, and plyometric drills, along with core work designed to improve performance in athletics as well as everyday activities. Functional fitness at its best, Athletic Conditioning is sure to challenge all who participate.

Legs and Core Xpress: Not a lot of time? 30 minutes is all you need in this express targeted class. You will get a lot of bang for your buck using the unique and effective training tool, Gliding-in a variety of exercises for the lower body and all of the core muscles.

Cardio Fusion: A cardio workout that can include varied intensity step, choreographed aerobics, or kickboxing followed by a muscle conditioning segment for a total body workout.

Total Body Training: Weaving cardio interval drills and strength circuit exercises, you have the perfect combination of two key elements of physical fitness. Cardio portions may use the step, mixed impact aerobics, or kickboxing, while the strength segments will include a variety of equipment and exercises.

Mind/Body Options

NIA (Neuromuscular Integrative Action): NIA is an eclectic blend of Martial Arts, Dance arts and healing arts bringing the mind, body, spirit, and emotions to optimum health while embracing individual expression through movement awareness practices. All fitness levels and ages welcome.

Yoga: A classical Hatha Yoga practice including breathing (pranayama), relaxation, sun salutations and postures (asanas). Open to all levels.

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 and relaxation.

Advanced Yoga: Sun Salutations: A yoga class focused on multiple Sun Salutations. The class includes breathing (pranayama), a few warm down postures (asanas), and a final relaxation. This class provides a little more of a cardio workout than most yoga classes and is recommended but not limited to students already familiar with yoga.

Yin Yang Yoga: Practicing a combination of poses that flow into one another. Linking the breath with the movement. Instructor will focus on movements that meet the individual's needs and capacity. A wonderful way to pamper yourself and melt away the stresses of the day. Beginner and intermediate levels.

Pilates: A mind body exercise evolved from the principles of Joseph Pilates. This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes. Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

Tai Chi: 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.

☺ **Family Friendly**—Family friendly classes are available for children ages 7-12 who are actively participating in the class under direct adult supervision. Look for the smiley face for family friendly classes.

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