



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Reuter  
Group Exercise  
May 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		5:45a Athletic Conditioning –Brian		5:45a Athletic Conditioning Brian			
7:30am	Cardio Fusion Diana -Studio A		Cardio Fusion Diana- Studio A				
8:30am	Integrated Strength Karyn - Studio A	Kickboxing Gena - Studio A	Integrated Strength Karyn - Studio A	Turbo Kick Karyn - Studio A		8am Integrated Strength- rotating Studio A	
9:30am	Diva Dance Lara N - Studio A★ ☺	Tai Chi King -Studio A ★☺	Zumba Lara N -Studio A ★☺	NEW DAY and TIME Ballet Fusion ★☺ Brigitte -Studio A	Step and Pump Julie - Studio A	9:00 am Zumba Aubry- Studio A ★ ☺	
10:30am	Zumba ★☺ Aubry-Studio A	NIA ★☺ Maureen - Studio A		Dynamic Dance★☺ Maureen Studio A	Diva Dance (Latin) Lara Studio A★☺	10am Mixed Level Step Curtis/Emily Studio A	
11:30am		Core Conditioning Gena - Studio A				11am Integrated Strength Emily/ Corey Studio A	2pm Zumba Lara N -Studio A★ ☺
12:00pm	Athletic Conditioning Kelly-Studio A	Muscle Pump Gena -Studio A	NEW CLASS! Athletic Conditioning Kelly-Studio A		Muscle Pump Gena - Studio A	12pm Muscle Pump Marianne	3pm Kickboxing Curtis -Studio A
4:30pm	Kids in Motion Karyn - Studio A☺	Muscle Pump Emily - Studio A	Kids in Motion Karyn - Studio A ☺	Muscle Pump Emily - Studio A			
5:00pm							
5:30pm	Mixed Level Step Curtis/Emily-Studio A	Muscle Pump Marianne - Studio A	Mixed Level Step Corey/Curtis Studio A	Muscle Pump Marianne - Studio A			
6:30pm		Cardio Light★☺ Marianne - Studio A		Diva Dance ★☺ Emily -Studio A			
6:30pm	Zumba ★☺ Curtis - Studio A		Athletic Conditioning Nat - Studio A				
7:30pm	Tai Chi Workshop Bob★☺ Studio A		Core Marianne - Studio A				

- Any class with a ★ 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.
- 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.



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Group Exercise  
May 2011  
Multipurpose B and Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Group Cycle Ellen - Multi B		Group Cycle Mary- Multi B		Group Cycle Ellen - Multi B		
8:30am	Senior Strength ★ ☺ Maureen Studio C		Senior Strength ★ ☺ Maureen Studio C		Senior Strength ★ ☺ Marian - Studio C	8am Tai Chi Paul -Studio C★ ☺	
9:30am	Flow Yoga ★ Dale -Studio C	Pilates Nikki -Studio C★ ☺	Flow Yoga ★ ☺ Dale -Studio C	Pilates Vonda - Studio C	Core and Flexibility Vonda - Studio C		
9:30am	Group Cycle Vonda - Multi B	Group Cycle Tara - Multi B		Group Cycle Lauren -Multi B		9:00am Group Cycle Mary - Multi B	
10:00am			Group Cycle Kelly - Multi B		Group Cycle Kelly - Multi B	10am Gentle Yoga Linda -Studio C★ ☺	
10:30 am	New Time 11am Yoga Wes -Studio C ★ ☺		Gentle Yoga Linda - Studio C★ ☺		11 am Adv. Yoga Sun Salutations -Wes Studio C		
12:00pm				Flow Yoga ★ Linda -Studio C			1:30 pm Yoga Basics ★ ☺ Linda-Studio C
5:00pm							2pm Group Cycle Tara - Multi B
5:30 pm		Pilates Celia -Studio C★ ☺		Pilates Celia Studio C★ ☺			3pm Flow Yoga ★ Sonya-Studio C
5:30pm	Core Mari- anne -Studio C		Core Mari- anne - Studio C		Group Cycle Marianne- Multi B		
6:15pm	New Class! Gentle Yoga Linda						
6:30 pm	New Time 6:15 Group Cycle Ma- rienne- Multi B	Power Yoga Dale - Studio C★ ☺	New Time 6:15 Group Cycle Marianne - Multi B	Power Yoga Dale - Studio C★ ☺			
7:30 pm	Core Ma- rienne -Studio C						