

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
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Group Exercise
May 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Boot Camp w/Aaron GYM		Boot Camp w/Aaron GYM		8am Tai Chi w/Paul Classroom 2 ★	
7:30am	Total Body Training w/Diana Studio A					8am Muscle Pump w/ rotating Studio A	
8:30am	Integrated Strength w/Karyn Studio A	Cardio Fusion with Gena	Integrated Strength w/Karyn Studio A		Ballet Fit w/Karyn Studio A ☺ ★		
8:30am	Senior Stretch ★ w.Maureen Classroom 1		Senior Stretch ★ w.Maureen Classroom 1		Senior Strength★w/Marianne Classroom 1	9am Zumba w/ Natalie Studio A ☺ ★	
9:30am	Cardio Kickboxing w/Lara N Studio A	Pilates w/ Nikki Studio A ★	Zumba w/Lara N Studio A ☺ ★	Pilates w/Vonda Studio A	Step and Sculpt w/Julie Studio A		
10:30am	Yoga w/Wes Studio A ★	NIA ☺ ★ Maureen Studio A	Gentle Flow Yoga w/Natalie Studio A ☺ ★	Dynamic Dance ☺ ★ Maureen/Natalie Studio A	Flexibility and Core ★ w/Marianne Multipurpose B	10am Step/Hi Lo w/Curtis 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 Flow Yoga Natalie Classroom 1★☺	3pm Yoga w/Wes Studio A ★ ☺
11:30am		Core and Flexibility w/Marianne Studio A				11am Muscle Pump w/Marianne Studio A	
12:00pm	Athletic Conditioning w/Aaron Studio A	Muscle Pump w/Marianne Studio A	Cardio Kickboxing w/Gena Studio A ☺ ★	Yoga w/ Tiffany Studio A ☺ ★	Muscle Pump w/Marianne Studio A	12pm Muscle Pump w/ Marianne Studio A	4:30pm Yoga w/Wes Studio A ★ ☺
4:30pm	Legs&Core Xpress w/Karyn Studio A	Muscle Pump w/Marianne Studio A	Legs&Core Xpress w/Karyn Studio A				
4:30pm		Kids Fitness w/Aaron Classroom 1					
5:00pm	Straight Up Stretch ☺ ★ w/Karyn Studio A		Straight Up Stretch ☺ ★ w/Karyn Studio A				
5:30pm	Simply Step ★ Curtis/Emily Studio A	Muscle Pump w/Marianne Studio A	Mixed Level Step Corey/Curtis Studio A	Muscle Pump w/Gena Studio A			
5:30pm		Pilates w/Schon Classroom 1★		Pilates w/Schon Classroom 1★			
6:00pm	Core Conditioning Marianne Multipurpose B	6:30 Cardio Light w/ MarianneStudioA ☺ ★	Yoga w/ Alex Classroom 1 ☺ ★				
6:30pm	Zumba w/Curtis ☺ ★ Studio A	Yoga w/Schon Classroom 1 ☺ ★	Zumba w/ Eleanor Studio A ☺ ★	Yin Yang Yoga w/Schon Classroom 1★			
7:00pm			Core Conditioning Marianne Classroom 1	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!

Group Cycle Schedule Multipurpose B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Group Cycle w/Ellen		Group Cycle w/Douglas		Group Cycle w/ Ellen		
830am				Group Cycle w/Rick			
9:30am	Group Cycle w/Kristofer		10:00 am Group Cycle w/ Kelly		Group Cycle w/Marianne	9:00am Group Cycle w/Taft	
12:00pm	Group Cycle w/Vonda			12:05 Group Cycle w/Kelly			1:30pm Group Cycle w/Ellen/Leigh
5:00pm	Group Cycle w/Marianne						
5:30pm					Group Cycle w/Kelly		
6:00pm	Core w/Marianne		Group Cycle w/ Kristen				
6:30pm	Group Cycle w/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 ★		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★