



REUTER GROUP EXERCISE SCHEDULE

SPRING 2019 | MARCH

- New to Group Exercise Class
- ✓ Reservation Required
- ! High Intensity Experienced Exercisers
- ∞ Kids Class / Family Friendly
- ~~Class-Canceled~~

- SA Studio A
- CS Cycle Studio
- MB Mind Body Studio
- GYM Gymnasium
- P Pool
- FFR Functional Fitness Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:45a-6:30a ✓ Group Cycle -CS Cynthia-mod/hi	12:00p-1:00p ! Athletic Conditioning- SA Kelly-hi	5:30a-6:30a ! Athletic Conditioning- GYM Kelly-hi	12:00p-1:00p ! A.C.E-FFR Carolina-hi	5:45a-6:30a ✓ Group Cycle -CS Julie-mod/hi	12:00p-1:00p ! Athletic Conditioning -SA Maya-hi	5:30a-6:30a ! Athletic Conditioning -SA Ted-hi	12:00p-12:30p ! A.C.E-FFR Carolina-mod	5:45a-6:30a ✓ Group Cycle -CS Cynthia-mod/hi	12:00p-1:00p ! Athletic Conditioning- SA Jessica-hi	8:00a-8:50a ●∞ Tai Chi- MB Trent- low/mod	11:30a-12:20p Group Power-SA Emily P-mod
6:00a-6:30a ! A.C.E -FFR Kelly-hi	4:30p-5:20p ! R.I.P.P.E.D.- SA Julie-hi	8:30a-9:20a ∞ PiYo Live-SA Gena-mod/hi	4:00p-4:45p ● ∞ Strength Development- FFR** ages 13-18 Bryan-mod	6:00a-6:30a ! A.C.E -SA Dana-hi	12:30p-1:00p ✓ Cycle Xpress -CS Carolina-mod/hi	8:30a-9:20a ∞ PiYo Live@ -SA Gena-mod/hi	4:00p-4:45p ● ∞ Strength Development- FFR** ages 13-18 Bryan-mod	8:30a-9:30a ●∞ Chair Yoga -MB Janice-low	4:00p-4:45p ● ∞ #GIRLSWHOLIFT FFR** ages 13-18 Mollie-mod	8:30a-9:20a ●∞ Zumba@/Hip Hop- SA Shellie/Eleanor- mod	1:00p-2:00p Pilates-MB Kash-low/mod
8:30a-9:20a ● Group Power-SA Emily P-mod	5:00p-5:45p ✓ TRX-FFR Ted-mod/hi	8:30a-9:20a ● Rise & Shine -MB Tootsie-low/mod	4:30p-5:15p ∞ Kids Yoga-MB Cara (ages 4-8)	8:30a-9:20a ● Strength Fusion-SA Ted-mod	4:00p-4:45p ● ∞ #GIRLSWHOLIFT FFR** ages 13-18 Mollie-mod	8:30a-9:20a ● Rise & Shine -MB Tootsie-low/mod	4:30p-5:15p ∞ Kids Yoga-MB Cara (ages 4-8)	8:30a-9:20a Group Power -SA Gena-mod/hi	5:30p-6:30p ● ∞ Family Fitness Fridays - MB Staff-low/mod 1st Friday each month!	9:00a-10:00a ! Power Yoga-MB Leigh-hi	2:00p-2:50p ∞ Zumba@-SA Kathy-mod/hi
8:30a-9:20a ● ∞ Chair Yoga-MB Janice-low	5:30p-6:20p ✓ Step-SA Curtis-mod/hi	8:30a-9:30a ✓ Group Cycle-CS Caitlin-mod/hi	4:30p-5:20p ∞ PiYo Live-SA Grace-mod/hi	8:30a-9:20a ● ∞ Low Impact Fitness - MB Emily P-low	4:30p-5:20p ! R.I.P.P.E.D.- SA Julie-hi	8:30a-9:30a ✓ Group Cycle-CS Julie G-mod/hi	4:30p-5:20p ● ✓ Total Body Training- SA Ted-mod	9:00a-9:50a ∞ Hydro Burn-P Joanna-mod/hi	5:30p-6:30p ● ✓ Group Cycle- CS Cynthia-mod/hi	9:00a-10:00a ! Athletic Conditioning- GYM/Outside Carolina-hi	2:00p-3:00p ✓ Group Cycle-CS YMCA Staff-mod/hi
9:00a-9:45a ● ∞ Aqua Tabata -P Rae-low/mod	5:30p-6:30p ✓ Group Cycle-CS Julie G-mod/hi	9:00a-9:50a ∞ Hydro Burn -P Janice-mod/hi	5:30p-6:20p ● Group Power-SA Emily C-mod	9:00a-9:45a ∞ Aqua Tabata -P Rae-mod/hi	5:00p-5:45p ✓ TRX-FFR Ted-mod/hi	9:00a-9:50a ∞ Hydro Burn -P Janice-mod/hi	5:30p-6:20p ● Group Power-SA Carrie Anne-mod	9:30a-10:30a ∞ Belly Dance- MB Melanie-low/mod	5:30p-6:20p ● Group Power-SA Alan-mod	9:30a-10:20a ●∞ Barre-SA Natalie-low/mod	2:00p-3:15p Restorative Yoga-MB Kash-low/mod
9:30a-10:15a ✓ TRX-FFR Jessica-mod/hi	5:45p-6:45pm ● ∞ Gentle Yoga- MB Rayona-low	9:30a-10:20a ●∞ Hip Hop Fitness-SA Alan-mod/hi	5:30p-6:30p ● ∞ Pilates-MB Lynn-low/mod	9:30a-10:15a ✓ TRX -FFR Carolina P-mod/hi	5:30p-6:15p ✓ Group Cycle-CS Emmalyn-mod/hi	9:30a-10:15a ! STRONG@ 45 -SA Dawn-hi/mod	5:30p-6:30p ! Power Yoga-MB Leigh-hi	9:30a-10:15a ✓ TRX-FFR Ted-mod/hi	6:00p-6:50p ● ∞ Cardio Splash -P Beth-mod	9:30a-10:30a ✓ Group Cycle-CS Lauren-mod/hi	
9:30a-10:30a ✓ Group Cycle-CS Lauren-mod/hi	6:00p-6:45p! Athletic Conditioning- FFR Tony-hi	9:30a-10:30a ● ∞ ✓ Pilates-MB Linda-low/mod	6:30p-7:15p ●∞ ✓ Zumba - SA Curtis-mod/hi	9:30a-10:30a ∞ Vinyasa Yoga-MB Denise-mod	5:30p-6:20p ● ∞ Barre -SA Maya-low/mod	9:30a-10:20a- Athletic Conditioning- SA Gena-hi	6:30a-7:20a ●∞ Hip Hop Fitness-SA Alan-mod/hi	9:30a-10:20a Step & Pump-SA Julie-mod/hi	6:00p-7:00p Kendo Club- Beginners-MB AJ-low/mod	10:30a-11:20a Mixed Level Step- SA Emily P-mod/hi	
9:30a-10:20a ●∞ Zumba@ -SA Natalie-mod/hi	6:00p-6:50p ● ∞ Cardio Splash -P Beth-mod	10:30a-11:20a ● ∞ Barre-SA Corey-mod	6:30p-7:30p ∞ Vinyasa Yoga-MB Tamara-mod	9:30a-10:20a ∞● Zumba@-SA Natalie-mod	5:45pm-6:45pm ● ∞ Vinyasa Yoga-MB Cynthia C-low/mod	9:30a-10:30a ●∞ ✓ Pilates -MB Linda-low/mod	9:30a-10:30a ✓ Group Cycle-CS Kelly-mod/hi	7:00p-8:00p Kendo Club- Inter-MB AJ-low/mod	10:30a-11:20a ●∞ Dynamic Stretch-MB Natalie-low		
9:30a-10:45a ● Therapeutic Yoga-MB Jackie-Low	6:30p-7:20p ∞ ✓ Zumba-SA Curtis-mod/hi	10:45a-11:45a ●∞ Gentle Yoga-MB Linda-low/mod		9:30a-10:30a ✓ Group Cycle-CS Alan-mod/hi	6:00p-6:50p ● ∞ Cardio Splash -P Beth-mod	10:00a-10:50a ● ∞ Cardio Splash -P Janice-mod	10:00a-10:45a ∞ Aqua Tabata -P Joanna-low/mod	8:00p-9:00p Kendo Club- Advanced-MB AJ-low/mod	11:30a-12:20a● Group Power-SA Emily P-mod		
10:00a-10:50a ! ∞ Hydro Burn -P Rae-mod/hi				10:00a-10:50a ∞ Hydro Burn -P Rae-mod	6:00p-6:45p! Athletic Conditioning- FFR Tony-hi	10:30a-11:20a ● ∞ Barre-SA Corey-mod	10:30a-11:20a ∞● Hip Hop Fitness -SA Illysa-mod/hi		11:30a-12:30p Gentle Yoga-MB Erin-mod		
10:30a-11:20a●∞ P90X-SA Corey-mod				10:30a-11:20a P90X-SA Gena-mod/hi	6:30p-7:20p ● ∞ Zumba@ -SA Shellie-mod/hi	10:45a-11:45a ! Power Yoga-MB Cara-hi	11:00a-11:50a ● ∞ Fluid Movement -P Joanna-low/mod				
11:00-11:50a ● Fluid Movement -P Rae-low				10:45a-11:35a ●∞ Dynamic Stretch-MB Natalie-low	7:30p-9:00p Kendo Club-Inter/ Adv-MB AJ-low/mod		10:45a-12:00p● Restorative Yoga-MB Jackie-low/mod				
				11:00a-11:50a ● ∞ Fluid Movement -P Rae-mod	RSVP 215-2753						

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO

Mixed Level Step Appropriate for all levels of step participation with fun & interesting choreography sure to challenge the mind & body.

Group Cycling Group exercise class on stationary bikes that includes a variety of cycling techniques & skills to provide a high energy cardio workout.

Cycle Xpress– 30 min group cycle class.

STRENGTH

Total Body Training Want to burn fat, build muscle & have fun? Class combines challenging strength & cardio exercises in just one workout to strengthen your entire body.

Strength Fusion Sculpt your body in this class with an emphasis on strength & balance while using a variety of equipment.

Low Impact Fitness this class is geared toward active older adults & can be performed seated or standing. Cardio, strength, & flexibility are included in this format.

Group Power Combines traditional strength training exercise with the hottest functional training moves to make you fitter, and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this workout.

PIYo Combines the muscle-sculpting, core-firming benefits of Pilates with the strength & flexibility of flowing yoga movements for an intense yet low-impact work out.

Strength Development a free program designed for ages 13-18 held in our functional fitness room. In this class, students will be supervised by a trainer & given direction on form & exercises using barbells, kettlebells, dumbbells & bodyweight.

#GIRLSWHOLIFT a free program designed for GIRLS ages 13-18 held in our functional fitness room. Supervised by a trainer, participants will learn how to lift properly & safely.

CARDIO / STRENGTH

Step & Pump Choreography-based step routines appropriate for all levels of steppers. This class also includes a strength segment.

Athletic Conditioning & A.C.E Intense cardio, strength, plyometric drills, & core work designed to improve performance in athletics & everyday activities. A.C.E is express 30 min. class.

Rise & Shine This is a combination class with low impact cardio & light-weight intervals. It finishes up with core & balance work. It is suitable for both beginners, active agers & intermediate exercisers with options for higher or lower intensity.

P90X Total body conditioning using a variety of strength-training moves, cardio conditioning, & core work.

TRX® Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility & core stability simultaneously.

R.I.P.P.E.D. Total body, high intensity style program, utilizing free-weights, resistance & body weight exercises, & stimulates all energy systems & muscles by changing segments every 6-9 minutes.

STRONG® 45 Stop counting the reps. Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

DANCE

Zumba® Latin-inspired dance class that incorporates international & pop music creating a dynamic, exciting, & effective workout.

Barre Taking the hottest trend in dance-inspired conditioning, ballet barre training, & the LeBert Equalizer to create a format suitable for every level of exerciser. No dance experience or pink tights required!

Belly Dance Learn the ancient art of belly dance in this energetic, family friendly class for people of any age, shape, size or gender! Participants will burn calories, improve strength, & increase flexibility & grace by drilling the basic movements of tribal style belly dance. No previous dance experience is required. Come shimmy your way to fitness!

Hip Hop Fitness A dance-based cardio & toning program that blends various hip hop & dancehall moves to strengthen the core & lower body. Dip, shake & pump your body to the hottest hits while getting fit & having fun!

WATER

Fluid Movement Suitable for all fitness levels, this class offers walking & range of motion exercises to increase mobility, flexibility, balance & endurance. Great for participants with joint & mobility limitations.

Aqua Tabata Uses water resistance with several basic aqua moves done for a short period of time at a high intensity & a short rest in between.

Hydro Burn high intensity water workout. that will test your limits, get your heart pumping & your muscles moving without the impact on your joints.

Cardio Splash A moderate intensity class that will jumpstart your cardiovascular workout. Includes core strengthening & stretching for maximum flexibility & range of motion.

***Water Classes are designated family friendly but children under the age of 13 must pass a swim test in order to participate.*

MIND / BODY

Vinyasa Yoga Classical Hatha Yoga practice including breathing (pranayama), relaxation, sun salutations & postures (asanas).

Restorative & Therapeutic Yoga A gentle yoga class with pranayama breath work & simple meditation practices. Good for those looking for restoring the biomechanics of the whole body while creating a happier mind & life.

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 & relaxation.

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

Dynamic Stretch A "dynamic" yet restorative & relaxing class utilizing poses & techniques from yoga, Pilates & other mind-body modalities.

Chair Yoga perfect for those looking to 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.

Pilates This conditioning program incorporates core training, stretching & proper breathing techniques for a full body workout. **Note:** Please talk to your instructor before class if you have osteopenia/osteoporosis.

Tai Chi an ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. Focus on breath, mind, & body integration for health. Class will be held outside when weather is nice.

Kendo Club Traditional Japanese martial art akin to fencing. RSVP: 828 251 2753 or ashevillekendo@gmail.com.

Family Fitness Fridays—1st Friday of each month. Class format & instructors rotate to feature some of our favorites—including Zumba, Yoga, Bootcamp, Hip Hop & more! Bring the kids, have fun & get fit together!

How to register for √ classes: Go to ymcawnc.org. Click "Schedules" at the top of the page. Click "Reuter." & scroll through the schedule to view the desired class. Click the "Sign Up" button. Click the "Create a Login" tab, enter the appropriate fields, & click "Register" & re-enter email & password. Click the blue "log in" button & click "reserve a spot."

∞ *Family Friendly classes. Kids ages 7+ can participate as long as within arms reach of parent or guardian & actively taking the class.*

*** You must be 16+ years to cycle or lift free-weights in the facility.*



GROUP EXERCISE SCHEDULE

REUTER FAMILY YMCA SPRING 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REUTER FAMILY YMCA
3 Town Square Boulevard
Asheville, NC 28803
828 651 9622 • ymcawnc.org

UPCOMING EVENTS & INFO:

CLASS CHANGES– Please see the reverse side for classes that have been added or changed **highlighted in yellow** and **cancelations crossed through**.

SPRING PROGRAMS: Visit ymcawnc.org and click on the schedules tab to view the Spring 2019 Program Guide for a list of small group training, workshops and special events!

[Self Defense Workshop](#) – Mar. 1 (101) & Mar.15 (102)

[Pedaling for Parkinson's & PWR! Moves](#) – starts Mar. 4

[Intro to SUP Yoga](#) – Mar. 3 (only 5 spots available!!)

[Tai Chi Silk Reeling](#) – starts Mar. 5

[H2OMG](#) – starts Mar. 5

[Spring Break Bootcamp](#) – starts Mar. 5

[Yoga for Athletes](#) - starts Mar. 6

[In the Zone Heart-Rate Based Training](#) – starts Mar. 8

[What GEX Class Should I Take](#) -Mar. 12 FREE!

[Coffee & Conversation](#) - Mar.18 FREE!

[Stress Reduction & Meditation](#) – starts Mar. 20

[Lose To Win!](#) – starts Mar. 20

[Essentials of Ayurveda](#) – Mar. 20

[Indoor Cycle Clinic](#) - Mar. 21

FACILITY HOURS

Mon-Fri	5:30am - 10:00pm
Sat	7:00am - 8:00pm
Sun	11:00am - 6:00pm

YOUTH DEVELOPMENT HOURS

Mon-Thurs	8:00am - 1:30pm 3:30pm - 8:00pm
-----------	------------------------------------

Fri	4-8pm (2nd, 3rd, 4th Fri. 4-6pm)
Sat	8:00am - 1:30pm
Sun	1:30pm - 4:30pm

KIDS ZONE HOURS

Mon-Thurs	4:00pm - 8:00pm
Sat	9:00am - 1:30pm

TEEN CENTER HOURS

Mon-Fri	3:00pm - 7:30pm
---------	-----------------