



GROUP EXERCISE

CORPENING MEMORIAL YMCA

March 2019

WATER

Aqua Fit A high energy aqua workout performed primarily in deep water, targeting all the major muscles using the water's resistance to challenge all levels. This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells

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

H2O Arthritis This water exercise class focuses on specific joint and muscle exercises that improve range-of-motion, strength, and flexibility. Great for beginners and those with arthritis.

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

MIND/BODY

Chair Yoga Series Chair Yoga is a 45-minute class that is 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.

Flow 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.

Holy Yoga A flow yoga class that integrates scripture, prayer and worship with breathwork and physical movement to connect mind, body, soul and heart.

Gentle Yoga A yoga class with a gentle approach. Class will work through a series of gentle postures with a focus on basic alignment and techniques

Restorative Yoga students will work with props to achieve postures that are restful and meditative. Poses are held for longer, and movement is slow and intentional. This class is

CARDIO/STRENGTH

Athletic Conditioning A cross training workout that combines movements from various sports, bootcamp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance and agility.

Beginners Ballet A beginners ballet class that will teach proper ballet techniques and postures while toning muscles through artistic movement.

Cardio Fusion strength training moves combined with cardiovascular exercises; a well-rounded total body workout.

Circuit Express a 30 minute class in the Wellness Center that combines strength machines with cardio exercises. Start at any station in the circuit.

Cycle Express A 30 minute Group Cycle class designed to give you an efficient cardiovascular workout in a short amount of time!

Group Cycle Speed, resistance and more create an exciting and challenging indoor cycle experience. Please arrive 15 minutes prior to group cycle if new.

Low Impact Fitness Participate in basic cardio, strength, flexibility, and balance exercises. Low impact and great for beginners!

PUMP'D A barbell workout that incorporates functional strength training movements with great music for an exciting group exercise experience!

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.

Strength Fusion This class is a great way to strengthen your body with an emphasis on strength, balance, and functional training.

Tabata + Core A 45 minute class—A 30 minute high intensity interval training class that ends with 15 minutes of core.

Zumba Party cardio dance fitness class that incorporates international & pop music creating a dynamic, exciting, & effective workout.

Zumba + Zumba Toning For those who want to party AND sculpt and define your muscles. This class combines traditional Zumba Fitness dance routines with light hand weights for a fun workout!

FACILITY HOURS

Mon-Thurs	5:00 am - 9:00 pm
Fri	5:00am - 8:00pm
Sat	8:00am - 6:00 pm
Sun	1:00pm - 6:00 pm

CHILD WATCH HOURS

Mon-Thurs	8:00 am - 12:00 pm 3:30 pm - 8:00 pm
Friday	8:00 am - 12:00 pm 3:30 pm - 7:00 pm
Sat	8:45am - 1:00 pm
Sun	1:00 pm - 4:00 pm

POOL HOURS

Mon-Thurs	6:00 am - 2:00 pm 4:00 pm - 8:00 pm
Friday	6:00 am - 2:00 pm 4:00 pm - 7:00 pm
Sat	8:00am - 5:00 pm
Sun	1:00 pm - 5:00 pm

YMCA Mission

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all

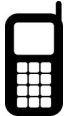
CARING HONESTY RESPECT RESPONSIBILITY

CORPENING MEMORIAL YMCA

348 Grace Corpening Drive
Marion, NC 28752
828 659 9622 • ymcawnc.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00a • Cardio Splash - P Louise	5:30-6:15a ! Group Cycle - C Joyce B	5:30a-6:15a ! Cardio Fusion - B Shannon	5:30-6:15a ! Group Cycle - C Joyce B	5:30-6:15a ! Strength Fusion - B Jody	9:00-9:45a ! Group Cycle - C Joyce B
8:30-9:15a ! Cardio Fusion - B Ron	8:30-9am ! 3D Core - A Jane	6:00-7:00a • Cardio Splash - P Louise	8:30-9am ! 3D Core - A Jane	6:00-7:00a • Cardio Splash - P Louise	10:00-11:00am • Beginners Ballet - B Rebekah * Starts
9:00-10:00am Holy Yoga - A Danielle	9:15-10:00a • Gentle Yoga - A Danielle	8:30-9:30a • Gentle Yoga - A Suzanne	9:15-10:15a PUMP'd - B Mary	8:30-9:15a ! Cardio Fusion - B Ron	
9:00-10:00a • Fluid Movement - P	9:15-10:15a PUMP'd - B	9:00-10:00a • Fluid Movement - P	9:30-10:15a • H2O Arthritis - P	9:00-10:00a • Fluid Movement - P	
10-10:45a • H2O Arthritis - P Jeanette	9:30-10:15a • H2O Arthritis - P Jeanette	9:15-10a ! Group Cycle Adrienne	10:30-11:30a A Vinyasa Yoga Bev	10:30-11:30am Restorative Yoga - A Bev	
10:30-11:15a • Low Impact Fitness- B Angela	10:30-11:15a • Chair Yoga-A Roberto	10:30-11:15a • Low Impact Fitness- A Ron	10:30-11:30a • B Space Reserved- Population Health	10:30-11:15a • Low Impact Fitness- B Angela	
4:15-5:15p • Cardio Splash - P Cris	10:30-11:30a • B Space Reserved- Population Health	4:15-5:15p • Cardio Splash - P Cris	4:30-5:15p ! Strength Fusion - B Leslie	4:15-5:15p • Cardio Splash - P Cris	
4:30-5:15p ! Cardio Fusion - B Leslie	11:30a-12:15p • Flow Yoga-A Roberto	4:30-5:15p ! Cardio Fusion - B Leslie	6-7pm ∞ Zumba + Zumba Toning - B	5:30-6:00p ! Cycle Express- C Jane	
4:30-5:15p ! Group Cycle - C Joyce	4:15-5:00P Aqua Fit - P Nancy	5:30-6:15p Step & Pump - B Deb *Starts 3/6	6:30-7:30p Vinyasa Yoga - A Axel	6:00-6:30p ! 3D Core - A Jane	
5:30-6:15 ! A Athletic Conditioning Bill	4:30-5:15p ! Strength Fusion - B Leslie	6:00-7:00p ! Group Cycle - C Jane			
6:00-7:00p ! Group Cycle - C Jane	5:30-6:30p Pump'd- B Mary				
6-6:45pm ∞ Zumba Party- B Tracy	6:30-7:30p Vinyasa Yoga - A Crystal E				

- Great for beginners
- ! High intensity
- Bold** New/ changed
- ∞ Family Friendly
7-12 year olds are invited to attend class and must actively participate in the class under direct adult supervision.



**DOWNLOAD OUR
FREE YMCA OF WNC
APP**

**Available for Apple &
Android phones**

View Group Exercise
schedules

Receive notifications
when classes are can-
celed (must turn on all
notifications)

Scan in without having
to bring your card

Register for programs

Receive alerts and facili-
ty closures