

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO / STRENGTH

BODYPUMP - THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to develop lean muscle and get fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

BODYCOMBAT - a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude, bring your sweat towel, and leave inhibitions at the door

RPM - a group indoor cycling workout that is fun and low impact, where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

Group Cycle A group exercise class done on stationary bikes that includes a variety of cycling techniques and skills to provide a high energy cardio workout.

PiYo-- If you love core conditioning and strength training, PiYo® is your answer. This unique format shares the core-strengthening foundations of yoga and pilates, and builds it into a rhythmic and dynamic workout designed to build strength and gain flexibility.

Athletic Conditioning Intense cardio, strength, plyometric drills, & core work designed to improve performance in athletics & everyday activities.

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.

Core Conditioning A muscle toning class that focuses on your core through trunk stability and strength.

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.

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! Barre Fusion – Includes aspects of Yoga

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!

AQUATICS**

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.

Aqua Yoga - Aqua Yoga brings the benefits of yoga (increased strength, flexibility, and mobility) to the water, decreasing joint impact & making the practice safe & fun for everyone.

Deep Water Fitness - While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system, improving your overall health and fitness! Flotation belts for support in the deep water are provided.

AquaFit - A high energy aqua workout, 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 (buoys).

Aqua Zumba-A class that is safe, effective and a challenging water-based workout, that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

MIND / BODY

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

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.

Restorative Yoga In this class, 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 great for beginners, those seeking relaxation, or participants with joint and mobility limitations.

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.

Chair Yoga An adapted form of yoga that makes yoga accessible to everyone. ... Chair Yoga allows the client to modify their yoga practice based on mobility, health, and current ability level. Chair Yoga offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support.

Flex & Stretch A class designed to actively stretch the body so that it maintains optimal mobility and range of motion.

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 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.

Tai Chi for arthritis-Tai Chi for Arthritis helps to increase strength, flexibility, mobility and balance. For people with or without arthritis, Tai Chi for Arthritis is a good way to start your journey to better health. It is an enjoyable and safe set of forms which delivers many health benefits.



GROUP EXERCISE SCHEDULE

REUTER FAMILY YMCA

October 2023

RESERVE YOUR SPOT

Classes require registration, scan QR code to access our app and register



Class reservations open 26 hours before class begins

CENTER HOURS

Mon-Fri	5:30am - 9pm
Sat	7am - 7pm
Sun	11am - 6pm

CHILDCARE HOURS

Mon-Fri	8am-12pm
Mon-Thur	4pm-7pm
Sat	8am-12pm
Sun	1-5pm

REUTER GROUP EXERCISE SCHEDULE

October 2023

O Studio O (Turf Field)BP Biltmore Park Entrance

Gym GymnasiumP PoolCS Cycle StudioA Studio A

MB Mind Body StudioFFR Functional Fitness Room

MON	TUES	WED	THURS	FRI	SAT	SUN
5:45a-6:30a Group Cycle–C Audra–mod/hi	5:45a-6:30a ! Ath Conditioning-Gym Kelly–hi	5:45a-6:30a Group Cycle–C Audra–mod/hi	5:45a-6:30a ! Ath Conditioning-Gym Emily S–hi	5:45a-6:30a Group Cycle–O Audra–mod/hi		
8:15a-9:15a BODYPUMP-A Gena–mod/hi	8:15a-9:15a PiYo Live@–A Gena–mod/hi	8:15a-9:15a BODYPUMP-A Emily–mod/hi	8:15a-9:15a PiYo Live@–A Gena–mod/hi	8:15a-9:15a BODYPUMP-A Gena–mod/hi	8:00a-8:45a ! Ath Con-O/FFR Rotating–hi	
8:15a-9:15a Vinyasa Yoga– MB Lindsay–mod	8:15a-9:15a Gentle Yoga– MB Kathryn–low		8:15a-9:15a Gentle Yoga– MB Kathryn–low	8:15a-9:15a Vinyasa Yoga– MB Tammy–mod	9:00a-9:50a ∞ Hip Hop Fitness-A Shellie–mod/hi	
9:30-10:15am Group cycle-C Alan–mod/hi	8:15-9:00am RPM-C Maggie–hi	9:30a-10:30a Group Cycle– C Alan–mod/hi	8:15-9:00am RPM-C Jay–hi	9:30a-10:15a Group Cycle–C Kelly–mod/hi		
9:30a-10:20a ∞ Zumba–A Natalie–mod/hi	9:30a-10:20a Core Conditioning-MB Gena–mod	9:30a-10:20a ∞ Zumba–A Natalie–mod/hi	9:30a-10:20a Core Conditioning –A Gena–mod	9:30a-10:20a Step–A Julie R–mod/hi	9:30a-10:15a RPM-CS Rotating-hi	
9:30a-10:30a Chair Yoga–MB Kathryn–low	9:30a-10:20a Step–A Julie R–mod/hi		9-30a- 10:15a TRX –FFR Corey–mod/hi	9:30a-10:30a Chair Yoga–MB Kathryn–low	9:30a-10:30a Power Yoga–MB Erin–mod/hi	
9:30a-10:15a TRX-FFR Kelly–mod/hi	9-30a- 10:15a TRX –FFR Corey–mod/hi	9:30am-10:15am TRX-FFR Kelly–mod	10:35a-11:25a Barre–A Corey–mod	10:30a-11:20a ∞ Hip Hop Fitness–A Deana–mod/hi ?		
11:00a-11:50a Low Impact Fitness–A Emily P–low	10:30a-11:20a Barre–A Corey–mod	11:00a-11:50a Low Impact Fitness–A Emily–low	10:35a-11:25a Pilates–MB Dianne–mod	10:30a-11:00a ! Cycle Express –C Alan–mod/hi		
11:00a-12:00p Flex & Stretch–MB Natalie–low	10:35a-11:25a Pilates–MB Dianne–low/mod	11:00a-12:00p Flex & Stretch–MB Natalie–low		11:00a-11:50a Low Impact Fitness–MB Emily P–low		
12:00p-12:45p ! Ath Conditioning–O/A Kelly–hi	12:00p-12:50p BODYPUMP– A Emily C–mod/hi	12:00p-12:45p Ath Conditioning–FFR Emily–hi	12:00p-12:50p BODYPUMP– A Emily C–mod/hi	11:30-12:20pm Flex and stretch –A Carmen –low		
	5:00p-5:45p ! BODYCOMBAT-A Bronson–hi	12:30p-1:30p Tai Chi for Arthritis –MB Merideth–low	5:00p-5:45p ! BODYCOMBAT-A Bronson–hi	12:30p-1:30p Tai Chi for Arthritis –MB Merideth–low		12:45p-2:00p Tai Chi –MB Alex–low/mod
5:30p-6:20p BODYPUMP–A Christina–mod/hi	5:30p-6:30p ∞ Kids’ Yoga– MPR Erin–low/mod	5:30p-6:20p BODYPUMP–A Christina–mod/hi				1:00p-1:50p ∞ Hip Hop Fitness–A Illysa–mod/hi
5:30p-6:20p ∞ Hip Hop Fitness–MB Shellie–mod/hi	5:30p-6:15p RPM– C Jay–mod/hi	5:30p-6:20p ∞ Hip Hop Fitness–MB Shellie–mod/hi	5:30p-6:15p RPM– C Alan–mod/hi			2:00p-3:00p BODYPUMP– A Illysa –mod/hi
6:00p-6:45p ! Ath Conditioning-O Tony–hi	5:30p-6:45p Restorative Yoga–MB Kathryn–low	6:00p-6:45p ! Ath Conditioning-O Tony–hi	5:30p-6:45p Restorative Yoga–MB Kathryn–low			2:30p-3:45p Restorative Yoga– MB Kathryn–low
6:35p-7:35p Vinyasa-MB Christina–mod	6:05p-6:55p ∞ Zumba–A Curtis–mod/hi	6:35p-7:35p Vinyasa-MB Christina–mod	6:05p-6:55p • ∞ Zumba–A Kathy–mod/hi			3:15p-4:15p Hip Hop Step-A Kelly W–mod/hi

Water Exercise Classes ∞ **

MON	TUES	WED	THURS	FRI
	Aqua Fit 8:00-8:50a Joan		Aqua Fit 8:00-8:50a Laura	
	Hydro Burn 9:00-9:50a Joan		Hydro Burn 9:00-9:50am Erin	Hydro Burn 9:00- 9:50am Erin
Aqua Fit 10:00-10:50a Maggie	Aqua Yoga 10:00-10:50a Erin	Aqua Fit 10:00-10:50a Shonna	Aqua Yoga 10:00-10:50a Erin	Aqua Zumba 10:00- 10:50a Maggie
Fluid Move- ment 11:00-11:50a Erin		Fluid Movement 11:00-11:50a Shonna		
	Deep Water Fitness 6:30-7:20p Amy		Deep Water Fitness 6:30-7:20p Amy	

***Reservation is forfeited if
not present at scheduled start
of class***

Virtual Group Ex
ymcawnc.org/virtual-y

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High Intensity
Family Friendly / Kid class

Classes highlighted in YELLOW are new or have
changed

Classes highlighted in RED are LesMills classes