

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 great music – helping you achieve much more than on your own!

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.

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.

Cycle Fusion– your favorite cycle class with weights to strength train as you ride.

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.

HIT– High Intensity Training-**This class is designed with little equipment and made to keep your heart rate up for a quick workout on your lunch break. Prepare to sweat!**

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.

Low Impact Conditioning This class is geared towards healthy older adults looking for cardio, strength, and flexibility.

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

Step & Pump—This class uses intermediate step choreography and weight lifting segments for a total body workout.

Total Body Strength– This class works your full body to build strength and aerobic endurance.

TRX- Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

TRX Tabata– uses TRX in 20 second intervals to burn calories, build muscle, and cardiovascular health

Thai Boxing Fitness– using Thai martial arts technique, participants will work the entire body, build technical competence and endurance.

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!

Hip Hop Fitness A dance-based cardio & toning program that blends various hip hop & dancehall moves to strengthen the core & lower body.

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.

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.

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).

MIND / BODY

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

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.

BODYBALANCE Ideal for any and everyone, Les Mills BODYBALANCE is a new generation yoga class. You can expect to bend and stretch through a series of simple yoga movies, elements of Tai Chi and Pilates.

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

Kid’s Yoga where kid’s come to tame their “inner animal” by practicing traditional Yoga poses, relaxation, meditation, and breathing. 4-8 yrs



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

July 2025

REUTER FAMILY YMCA

Reuter Family YMCA
3 Town Square Blvd | 828-651-9622
Ymcawnc.org

RESERVE YOUR SPOT

Required reservations open 26 hours in advance

Scan this code to download the mobile app and get started!



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

CENTER HOURS

| | |
|---------|------------------------|
| Mon-Fri | 5:30 a.m. - 9:00 p.m. |
| Sat | 7:00 a.m. - 7:00 p.m. |
| Sun | 11:00 a.m. - 6:00 p.m. |

CHILDCARE HOURS


| | |
|----------|----------------------|
| Mon-Fri | 8:00 a.m.-12:00 p.m. |
| Mon-Thur | 3:30 p.m.-7:30 p.m. |
| Sat | 8:00 a.m.-12:00 p.m. |
| Sun | 1:00 p.m.-5:00 p.m. |

Youth Lounge (ages 6-12)

| | |
|-------------|----------------------|
| Mon – Thurs | 3:30 p.m.-7:30 p.m. |
| Sat | 8:00 a.m.-12:00 p.m. |

REUTER GROUP EXERCISE SCHEDULE

July 2025

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|--|--|---|---|---|--|---|
| 5:45a-6:30a Cycle- C Audra | 5:45a-6:30a ! Ath Conditioning- FFR Emily S | 5:45a-6:30a Cycle- C Audra | 5:45a-6:30a ! Ath Conditioning- FFR Emily S | 5:45a-6:30a Cycle- C Audra | 8:00a-9:00a ! Ath Con-O/FFR Rotating | |
| 8:15a-9:15a BODYPUMP- A Gena | 8:30-9:15am Cycle-C Jay-temporary | 8:15a-9:15a BODYPUMP- A Emily P | 8:30-9:15a Cycle- C Jay | 8:15a-9:15a BODYPUMP- A Gena | 8:00a-9:00a *new* Bodypump-A Juliana *starts 7/12 | 1:00-2:00p Tai Chi for Joint Health-MB Alex |
| 8:15a-9:15a Vinyasa Yoga- MB Lindsay | 8:15a-9:15a PiYo Live®-A Gena | 8:15-9:15a Vinyasa Yoga-MB Jessica | 8:15a-9:15a PiYo Live®-A Gena | 8:15a-9:15a Vinyasa Yoga- MB Tammy | 9:15a-10:15a Hip Hop Fitness- A Shellie | 1:00p-1:50p Hip Hop Fitness- A Illysa |
| | 8:15-9:15a BODYBALANCE-MB Emily P | | 8:15-9:15a BODYBALANCE-MB Emily P | 9:30a-10:15a TRX Tabata-FFR Rotating | 9:00-9:45a Cycle- C Jay | 2:00p-3:00p BODYPUMP- A Illysa |
| 9:30-10:15am Cycle Fusion- C Janine | 9:30a-10:20a Core Conditioning- MB Gena | 9:30a-10:15a Cycle Fusion- C Janine | 9:30a-10:20a Core Conditioning -A Gena | 9:30a-10:15a Cycle- C Kelly | 9:30a-10:30a Power Yoga- MB Bill | 2:30p-3:45p Restorative Yoga-MB Kathryn |
| 9:30a-10:20a ∞ Zumba- A Lena | 9:30a-10:20a Step & Pump- A Julie | 9:30a-10:20a ∞ Zumba- A Jocelyn | 9:30-10:20a Pilates Fundamentals- MB Dianne | 9:30a-10:20a Step & Pump- A Julie | 10:30a-11:20a Zumba- A Rico | |
| 9:30a-10:30a Chair Yoga- MB Kathryn | 9-30a- 10:15a ∞ TRX -FFR Corey | 9:30am-10:30a Chair Yoga- MB Kathryn | 9-30a- 10:15a ∞ TRX -FFR Corey | 9:30a-10:30a Chair Yoga- MB Kathryn | 11:00a-12:00p Thai Boxing Fitness- MB- Jon | |
| 9:30am-10:15am ∞ TRX- FFR Kelly | 10:30a-11:20a Barre- A Corey | 9:30am-10:15am ∞ TRX- FFR Kelly | 10:35a-11:25a Barre- A Corey | 10:30a-11:20a Zumba-A Rico | <div>EVENTS</div> <div>7/4 Close at 1pm</div> <div>7/7 Rock Steady Boxing begins</div> <div>7/7 Core-Centric begins</div> <div>7/8 Gentle Yoga begins</div> <div>7/14 Women’s Jiu Jitsu begins</div> <div>7/19 Les Mills Launch</div> <div>7/30 Cancer Prevention discus- sion</div> | |
| 10:45-11:45a Flex & Stretch- MB Petra | 10:35a-11:25a Intermediate Pilates-MB Dianne | 10:45-11:45a Flex & Stretch- MB Petra | 10:35a-11:25a Intermediate Pilates- MB Dianne | 11:00a-11:50a Flex and Stretch- MB Emily P | | |
| 11:00a-11:50a Low Impact Fitness-A Emily P | 12:00p-12:50p BODYPUMP Express- A Kat | 11:00-11:50a Low Impact Fitness-A Emily P | 12:00p-12:50p BODYPUMP Express- A Kat | | | |
| 12:00p-12:45p ! Ath Conditioning-A/O Kelly | 12:15-1:00p HIT- FFR Carolina | 12:00p-12:45p Ath Conditioning- A Emily P | 12:15-1:00p HIT- FFR Carolina | 12:00-1:00p *summer run* Dynamic Dance- A Natalie | | |
| 12:00-1:00p *summer run* Dynamic Dance- Mb Natalie | 11:40a-12:40p Chair Yoga- MB Jess | 12:30p-1:30p Tai Chi Arthritis & Balance MB- Merideth | 11:40a-12:40p Chair Yoga- MB Jess | 12:30p-1:30p Tai Chi Arthritis & Balance MB- Merideth | | |
| 1:00-1:50p Low Impact Conditioning-A Caryl | 2:30-3:45p Restorative Yoga-MB Kathryn | 1:00-1:50p Low Impact Conditioning-A Caryl | 2:30-3:45p Restorative Yoga-MB Kathryn | | <div>VIRTUAL GROUP EX</div> <div>Workout ANYWHERE</div> <div></div> <div>ymcawnc.org/virtual-y</div> | |
| | | 1:45p-2:45p Advanced Tai Chi-MB Merideth | 4:15p-5:00p ∞ Kids’ Yoga(4-8)- MB Kathryn | | | |
| 5:30p-6:30p BODYPUMP- A Christina | | 5:30p-6:30p BODYPUMP- A Christina | | | | |
| 5:30p-6:20p Hip Hop Fitness-MB Shellie | 5:30p-6:15p Cycle- C Jay | 5:30p-6:20p Hip Hop Fitness- MB Shellie | 5:30p-6:15p Cycle- C Lauren | | | |
| 6:00p-6:45p ! Ath Conditioning- O Tony | 5:30p-6:15p Total Body Strength-A Taylor | 6:00p-6:45p ! Ath Conditioning- O Tony | 5:30p-6:15p Total Body Strength-A Taylor | | | |
| 6:35p-7:35p Vinyasa Yoga-MB Christina | 6:05p-6:55 ∞ Zumba- MB Curtis | 6:35p-7:35p Vinyasa Yoga-MB Christina | 6:05-6:55p ∞ Zumba- MB Kathy | | | |

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have changed

Classes in **BLUE** are aquatic classes

O

 Studio Outside (Turf)

Gym

 Gymnasium

MB

 Mind Body Studio

P

 Pool

MPR

 Multi Purpose Room

C

 Cycle Studio

FFR

 Functional Fitness Room

A

 Studio A

!

 High Intensity

∞

 Family Friendly / Kid class

| Aquatic Exercise Classes ∞ | | | | |
|---|----------------------------------|-----|-------------------------------------|-----|
| MON | TUES | WED | THURS | FRI |
| | Aqua Fit 8:00-8:50a Joan | | Aqua Fit 8:00-8:50a Melissa | |
| | Hydro Burn 9:00-9:50a Joan | | Hydro Burn 9:00-9:50a Melissa | |
| Aqua Tabata 10:00-10:50a Michelle | | | Aqua Zumba 10:-00-10:50a Lena | |
| Fluid Move- ment 11:00-11:50a | | | | |