

GROUP EXERCISE CLASS DESCRIPTIONS

DANCE

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

Zumba Gold® provide modified, low-impact moves for active older adults.

The Groove Simple moves to great music so you can dance them your way. This mind-body inspired class proves every body can dance and love it.

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

557Broadway! is a dance fitness program designed for adults to have fun, sweat and share in the love of Broadway! It's a creative workout that helps your body, mind and spirit shine brightly. You will learn steps and choreography set to Broadway tunes culminating in fun, energizing dance routines that everyone can do!

CARDIO

Cycle Join the ride! Speed, resistance, and more create an exciting and challenging indoor cycle experience. Available in 1 hour class format and 45 minute class format.

Cycle Fusion is an intense combination class where cycling meets strength training, everything you need in one class! This class will include 30 minutes of cycling at 20 minutes of strength training.

Pilates/Barre

Barre Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using "make-sense progression" to create a format suitable for every level of exerciser, BARRE is a workout like no other! This format combines Balance, Agility, Resistance, working Recovery and Eloquence into a challenging full body workout.

Pilates Designed to condition and strengthen abdominal and lower back muscles. Proper breathing techniques, core training and flexibility are key portions of this class.

Les Mills

BODYPUMP - THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories**. 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. and challenging workouts.

BODYPUMP HEAVY—tempo based strength training program by Les Mills that focuses on lifting **heavier weights at a slower pace**, compared to the traditional BODYPUMP class which emphasizes endurance with higher reps. It uses slower tempos, longer recovery periods, and includes techniques like super-setting to challenge strength and build lean muscle. The program is designed to be approachable for all levels, combining group energy with iconic music, and is led by certified instructors to ensure proper form and technique.

BodyBalance™ Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

Les mills Pilates is a modern, "reimagined" version of traditional Pilates that blends classic core-strengthening moves with contemporary music, modern coaching, and dynamic energy, designed to make Pilates accessible and engaging for more people, focusing on strength, balance, and body awareness, often with optional equipment like bands or sliders, available in clubs and via LES MILLS+. It aims to deliver the benefits of Pilates—like improved core strength, mobility, and calm—but with the motivating feel of a Les Mills class, incorporating instructor guidance and music to enhance the mind-body connection .

MIND / BODY

Gentle Yoga A gentle yoga class for anyone looking for a relaxing practice.

Slow Flow Yoga is a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga. This slower-paced flow class allows time to explore the postures while cultivating strength, flexibility, balance, and calm.

Vinyasa Yoga In this class, students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. A number of postures will be practiced, with a focus on moving gracefully from one pose to the next.

Yogalates is the integration of class pilates exercises with slow flow yoga. We will be focusing on the strengthening the muscles of the core with particular attention to the abdominal.

Yoga Nidra also known as "yogic sleep," is a guided meditation practice that aims to induce a deep state of relaxation and inner stillness. Yoga Nidra Reduces anxiety and depression, Improves sleep quality, Promotes emotional well-being, Enhances cognitive function, and Boosts the immune system.

STRENGTH

Strength Fusion This class uses a variety of equipment and movement styles to build fitness through the whole body. Classes may include intervals, skill building, and cardio bursts for a challenging total body workout. This class is appropriate for those with injuries or limitations as well as beginning exercisers.

TRX® Suspension Training body weight exercise develops strength, balance, flexibility & core stability simultaneously.

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.



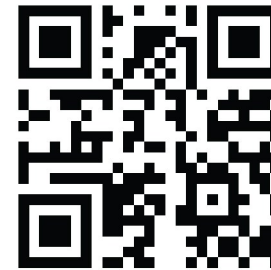
GROUP EXERCISE SCHEDULE

JANUARY 2026

Woodfin YMCA

RESERVE YOUR SPOT

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



Class reservations open 26 hours before the class begins.

CENTER HOURS

Mon.-Thur. 6:00 am-8:00 pm
Fri. 6:00 am– 6:00 pm
Sat. 7:00 am-4:00 pm
Sun. 9:00 am-4:00 pm

CHILDCARE HOURS

Mon.-Sat 8:00am-12:30pm
Mon-Thurs 3:30-7:30 pm
Sun. 9:00-12:00 pm



WOODFIN YMCA GROUP EXERCISE SCHEDULE

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 a ∞ Vinyasa Yoga-SA Leanna	7:00-7:45 a Cycle-SB Copland	7:30-8:30 a ∞ Vinyasa Yoga-SA Leanna	7:00-7:45 a Cycle-SB Copland			
8:00-8:45 a Strength Fusion SB Marian	8:00-8:45 a ∞ The Groove-SA Leanna	8:00-8:45 a Body Pump HEAVY-SB Kate	8:00-8:45 a ∞ The Groove-SB Leanna	8:00-8:45 a Body Pump HEAVY -SB Kate	8:00-900 a Cycle-SB Copland	
	8:00-8:45 am Yogalates-SA Gillian		8:00-8:45 a Yogalates-SA Gillian		8:45-9:45 a BodyBalance-SA Kate	
9:00-9:45 a Strength Fusion-SB Jessica	9:00-10:00 a Vinyasa Yoga -SA Tanya	9:00-9:45 a Strength Fusion-SB Jessica	9:00-10:00 a Vinyasa Yoga -SA Vinita	9:00-9:45 a Athletic Conditioning-SB Shelley	9:30-10:30 a Body Pump-SB Shelley	9:30-10:15 a Strength Fusion-SB Conny
10:00-11:00 a ∞ Gentle Yoga-SA Tanya	10:15-11:15 a Pilates-SA Vinita	10:00-11:00 a ∞ Gentle Yoga-SA Maro	10:15-11:15 a Pilates-SA Vinita	10:00-11:00 a ∞ Gentle Yoga-SA Shonna	10:00-10:45 a The Groove-SA Judy	9:45-10:45 a ∞ Gentle Yoga-SA Shonna
10:00-10:45 a ∞ Zumba Gold-SB Nancy	10:15-11:15 a Body Pump-SB Shelley	10:00-10:45 a ∞ Zumba Gold-SB Nancy	10:15-11:15 a Body Pump-SB Shelley	10:00-10:45 a ∞ Zumba-SB Eugenia	10:45-11:45 a Body Pump-SB Cameron	10:30 -11:15 a Cycle-SB Changes weekly
11:15-12:00 p TRX-SB Jessica	11:30-12:30 p ∞ Gentle Yoga-SA Vinita	11:15-12:00 p TRX-SB Jessica	11:30-12:30 p ∞ Gentle Yoga-SA Vinita	11:15-12:00 p TRX-SB Suzanne	11:00-12:00 p Vinyasa Yoga-SA Gillian	11:00-12:00 p ∞ Vinyasa Yoga-SA Elspeth
11:15-12:00 p Pilates-SA Judy H.	11:30-12:15 p Zumba-SB Staff	11:15-12:00 p Pilates-SA Judy H.	11:30-12:15 p 567Broadway!-SB Connie	11:15-12:15 p Pilates-SA Shonna	12:15-1:00 p Zumba-SB Lena	11:30-12:15 p Strength Fusion-SB Conny
12:15-1:05 p Cycle Fusion-SB Judy H.	12:30-1:15 p Cycle-SB Jessica	12:15-1:05 p Cycle Fusion-SB Judy H.	12:30-1:15 p Cycle-SB Jessica	12:15-1:00 p BODY PUMP Express -SB Cameron		12:30-1:30 p ∞ Hip Hop Fitness-SB Katie
4:00-4:45 p ∞ Hip Hop Fitness-SB Katie	1:30-2:15 p Strength Fusion-SB Conny	4:00-5:00 p Pilates-SA Shonna			2:00-3:00 p Tai Chi-SB Alex	
5:00-6:00 p BODY PUMP-SB Karen	4:15-5:00 p Pilates-SA Jay	5:00-5:45 p TRX-SB Conny	4:15-5:00 p Pilates-SA Jay			
5:15-6:00 p Les Mills Pilates-SA Shelley	5:15-6:15 p ∞ Hip Hop Fitness-SB Kim	5:15-6:15 p ∞ Vinyasa Yoga-SA Shonna	5:15-6:15 p ∞ Hip Hop Fitness-SB Kim			
	5:15-6:15 p ∞ Vinyasa Yoga-SA Elspeth		5:15-6:15 P Barre Fusion-SA Jay			
6:30-7:30 p Yoga Nidra-SA Janet		6:00-7:00 p ∞ Hip Hop Fitness-SB Katie	6:30-7:30 p Body Pump HEAVY-SB Peter			

SCHEDULE KEY

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

PURPLE are for Les Mills classes

SA Studio A , SB Studio B

∞ - Family friendly

VIRTUAL GROUP EX

Find live virtual classes and an online video library that members have access to at your convenience at ymcawnc.org/virtual-y