

# GROUP EXERCISE CLASS DESCRIPTIONS

## DANCE

Cardio Dance If you love to dance and workout, this class is for you. Join this easy-to-follow cardio dance class, suitable for all fitness levels.

## CYCLE

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 - Cycle Fusion is an intense combination class where cycling meets strength training, everything you need in one class!

## COMBINATION

BODYPUMP™ is 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 HEAVY-Tempo-based weightlifting that switches on your metabolic engine to build lean muscle. Drawing on traditional lifting techniques, each class challenges strength, combines slower lifting focusing on foundational lifts which allows for increased focus and heavier lifts.

**Strength Fusion** This class combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. You will sculpt your body with an emphasis on strength and balance while using a variety of equipment.

Low Impact Fitness Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones. Increase your muscular strength and range of movement as well as your cardiovascular fitness, helping with activities of daily living.

Sit to be Fit A 45-minute chair-based class for seniors or physically challenged individuals. Warm up, sitting or standing, stretch, 12-15 minutes cardio in the chair. A light resistance training: balance, stretching, and relaxation.

Strength & Balance-A slow paced, full-body strength class focusing on building muscle, increasing bone density, and improving balance. We will use a combination of weights, body weight, and resistance bands to accomplish your long-term strength and balance goals.

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 CARDIO

HIIT High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus. You'll experience short, intense bouts of exercise using many modes of training.

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories in a class. No experience needed. Release stress, have a blast and feel like a champ.

Kickboxing-combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**Little FIT Kids Club**-Especially for KIDS this class is designed to include movement and mindfulness ages 3-5. Themed activities that incorporate stretching, exercises, playful games to build confidence, coordination, and emotional awareness. Parental involvement is encouraged.

**BIG FIT Kids Club** Especially for KIDS this class is designed to include movement and mindfulness ages 6 and up. Themed activities that incorporate stretching, exercises, playful games to build confidence, coordination, and emotional awareness.

## MIND / BODY

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

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. Intensity level is set by the instructor, and all poses are modified for all levels.

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

Chair Yoga: 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 strengthening, toning, and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are the key portions of this class.

Yogalates: A dynamic fusion of yoga and Pilates that enhances flexibility, core, strength, and mindfulness, making it an appealing practice for all fitness levels.

## AQUATICS

Aqua Tabata A high intensity aquatic interval class that uses 20 seconds of intense work, followed by 10 seconds of rest or active recovery. Suitable for all fitness levels.

Cardio Splash A deep/shallow moderate intensity combination class that will jumpstart your cardiovascular workout. This class also includes core strengthening exercises and stretching for maximum flexibility and range of motion

## Hydroburn/DEEP WATER

A high-intensity total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

January 2026

BLACK MOUNTAIN YMCA

**Black Mountain YMCA**  
25 Jane Jacobs Rd | 828-552-3620  
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-Thur	5:30 a.m. - 9:00 p.m.
Fri	5:30 a.m. - 8:00 p.m.
Sat	8:00a.m. - 5:00p.m.
Sun	11:00 a.m. - 5:00 p.m.

## CHILDCARE HOURS

Mon-Sat	8:00 a.m.-12:30 p.m.
Mon-Thur	3:30 p.m.-7:00 p.m.
Sun	<b>CLOSED</b>

BLACK MOUNTAIN GROUP EXERCISE SCHEDULE

January 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00a-7:00a ! Cycle Donette				6:00a-7:00a ! Cycle Fusion Carla	8:45a-9:30a mod/hi Cycle Rotating Instructor	11:30a-12:30p mod Pilates Raven
7:45a-8:40a mod/hi Total Body Training Jeryl	7:45a-8:30a BODYPUMP HEAVY Sadie G.	7:45a-8:40a mod/hi Athletic Conditioning Malynda	7:50a-8:35a BODYPUMP HEAVY Jami H.	7:30a-8:15a Strength & Balance Jeryl	9:45a-10:45a mod/hi Strength Fusion Julie	2:00p-3:00p mod Power Yoga Ed Coupee
8:45a-9:30a low Low Impact Fitness Jeryl S.	8:45a-9:30a mod Cardio Dance Sadie S.	8:45a-9:30a ! Step Aerobics Jeryl S.	8:45a-9:30a mod∞ Barre Jen P.	8:30a-9:15a low∞ Low Impact Fitness Jessica	11:00a-12:00p mod Yoga Becca	
9:45a-10:45a mod/hi Cycle Fusion Erica G.	9:45a-10:45a ! BODYCOMBAT Erica G	9:45a-10:45a mod/hi BODYPUMP Sadie G	9:45a-10:30a ! BODYCOMBAT Jen P.	9:45a-10:45a mod/hi BODYPUMP Jami H.		
11:00a-12:00p mod Yogalates Raven	11:00a-12:00p mod Vinyasa Yoga Michele B.	11:00a-12:00p mod ∞ Barre Jami H.	11:00a-12:00p mod Pilates Hannah	11:00a-12:00p mod Kickboxing Julie	<div>*SATURDAY SCHEDULE*</div> <div>Saturday classes are on an instructor rotation and will meet if there is an available instructor! Please check the YMCA app for an updated Saturday schedule!</div> <div><div>VIR-TUAL</div></div>	
12:15p-1:00p low Sit to be Fit Cyndy	12:15p-1:15p low Chair Yoga Kathryn	12:15p-1:00p low Sit to be Fit Cyndy	12:15p-1:15p low Chair Yoga Kathryn	12:15p-1:00p low Sit to be Fit Cyndy		
2:30p-3:30p Rock Steady Boxing Lori **Fee-Based**	1:45p-2:30p low Sit to be Fit Sadie S	1:15p-2:15p Line Dancing Jeryl	3:00p-3:25p ∞ Little Fit Kids Club Laura	1:30p-2:25p low Tai Chi Jay		
4:30p-5:30p mod/hi Strength Fusion Julie	3:35p-4:20p ! Barre Jami H.	2:30p-3:30p Rock Steady Boxing Lori **Fee-Based**	3:30p-4:15p ∞ Big Fit Kids Club Laura	3p-4p mod Power Yoga Ed Coupee		
5:45p-6:30p mod Step Aerobics Mary Beth	4:30p-5:30p mod/hi Body Pump Jami H.	4:30p-5:15p hi! HIIT Julie	4:30p-5:30p mod/hi BODY PUMP HEAVY Sadie G.	4:30p-5:15p mod ∞ Cardio Dance Christey		
6:45p-7:45p low Tai Chi for Arthritis Jay	5:45p 6:45p mod Pilates Trish	5:30p-6:30p low Tai Chi for Energy Jay				

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have time changes

! High Intensity    ∞ Family Friendly / Kid class (10 & up)

AQUATIC EXERCISE CLASSES				
MON	TUES	WED	THURS	FRI
Deep Water 10:00-11:00a  Sue	Aqua Tabata 10:00-10:45a  Sadie S	Cardio Splash 10:00-11:00a  Sue	Cardio Splash 10:00-11:00a  Rochelle	Cardio Splash 10:00-11:00a  Rochelle
Cardio Splash 5:30p-6:15p Dianna/Tracy		Aqua Tabata 5:30-6:15p Dianna/Tracy		