

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.

RPM is 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.

Cardio Fusion – A cardio workout that can include interval drills step, choreographed varied intensity aerobics, or kickboxing, and includes strength segments for a total body workout

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.

Total Body Training – Want to burn fat, build muscle and have fun? Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body.

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.

DANCE

Zumba + Lift™

Fuses the fun of dance with the power of resistance training, using heavier dumbbells (5-15lbs, available in Studio B). It's where strength meets rhythm—the perfect solution for people who want to lift weights and build muscle without giving up the joy of Zumba.

Zumba Toning

Combines dance and strength training, using light handweights (1-3lbs, available in Studio B) to enhance muscle engagement and sculpt the body.

CARDIO DANCE

If you love to dance and workout, this class is for you. It 45 minutes of cardio dance. Suitable for all fitness levels.

Line Dance Kick up your heels to fun music, get your heart rate up, and engage in an activity proven to reduce cognitive decline. Whether you're a seasoned dancer or a beginner, this class promises not only a fun workout, but also a celebration of movement that nourishes your body, social health, and mind.

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.

Cardio Splash A deep/s 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.

MIND / BODY

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

Holy Yoga Experience a gentle, faith-centered yoga practice designed for relaxation and renewal. This class blends the fundamentals of yoga—postures, stretching, breathing, and relaxation—with an opportunity to deepen your spiritual connection. Perfect for all levels, it offers a peaceful space to nurture both body and soul.

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.

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 – Hwa Yu Tai Chi uses slow, spherical, flowing movements to increase physical and mental energy while promoting a meditative whole mind and body connectedness

Tai Chi for Arthritis/Balance helps to increase strength, flexibility, mobility & 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.

Cardio Yoga – A high intensity full body experience that offers a comprehensive workout that tones muscles, strengthens the core, and improves cardiovascular fitness.



GROUP EXERCISE

March 2026

CORPENING YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Corpening Memorial YMCA

348 Grace Corpening Dr | 828-659-9622

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-Thur	5:00 a.m. - 9:00 p.m.
Fri	5:00 a.m. - 8:00 p.m.
Sat	8:00 a.m. - 4:00 p.m.
Sun	1:00 pm. - 5:00 p.m.

CHILDCARE HOURS

Mon-Fri	8:00 a.m.-12:00 p.m.
Mon-Thur	4:00 p.m.-8:00 p.m.
Sat	8:00 a.m.-1:00 p.m.
Sun	1:00 p.m.-4:00 p.m.

Youth Lounge (ages 6-12)

Mon – Thurs	4:00 p.m.-7:00 p.m.
Sat	8:00 a.m.-12:00 p.m.

CORPENING GROUP EXERCISE SCHEDULE

March 2026

MON	TUES	WED	THUR S	FRI	SAT	SUN
5:30-6:15 am † Group Cycle Joyce-Cycle Studio	5:30-6:15 am ! Total Body Suzanne-Studio B	5:30-6:15 am † Group Cycle Joyce-Cycle Studio	5:30-6:15 am ! Total Body Suzanne-Studio B			
		8:00-8:45 am □ Line Dancing Beth-Studio B		8:00-8:45 am □ Line Dancing Michelle-Studio B		
8:30-9:30 am □ Gentle Yoga Mary S-Studio A	9:00-10:00 am † Vinyasa Flow Yoga Miranda-Studio A	8:30-9:30 am □ Holy Yoga Danielle-Studio A	9:00-10:00 am † Vinyasa Flow Yoga Miranda-Studio A			
9:00-9:45 am ! Total Body Angela-Studio B	9:00-9:45 am † Group Cycle Joyce-Cycle Studio	9:00-9:45 am ! Total Body Beth-Studio B	9:00-9:45 am † Group Cycle Joyce-Cycle Studio	9:00-9:45 am ! Total Body Beth-Studio B	9:00-9:45 am † Group Cycle Joyce-Cycle Studio	
9:30-10:30 am □ Fluid Movement Louise-Pool	9:30-10:30 am □ Fluid Movement Jeanette-Pool	9:30-10:30 am □ Fluid Movement Louise-Pool	9:30-10:30 am □ Fluid Movement Jeanette-Pool	9:30-10:30 am □ Fluid Movement Louise-Pool		
10:00-11:00 am □ Chair Yoga Miranda-Studio A		10:00-10:45 am □ Strength & Balance Beth Prichard-Studio A	10:00-11:00 am ! BODYPUMP Mary Stang-Studio B	10:00-10:45 am Strength & Balance Beth Prichard-Studio A	10:00-10:45 am Total Body Leslie-Studio B	
10:00-11:00 am ! BODYPUMP Mary Stang-Studio B	10:15-11:15 am Tai-Chi Janice Studio A	10:00-11:00 am □ Tai-Chi David-Studio B	10:15-11:15 am Tai-Chi Janice Studio A	10:00-11:00 am □ Tai-Chi David-Studio B	11:00-11:45 am Line Dancing Michelle-Studio B	2:00-3:00 PM □ Pilates Gerri-Studio A
4:30-5:30 pm † Cardio Splash Cris-Pool		4:30-5:30 pm † Cardio Splash Cris-Pool				
4:30-5:15 pm † RPM Leslie-Cycle Studio	4:30-5:15 pm ! Strength Fusion Leslie-Studio B	4:30-5:15 pm † RPM Leslie-Cycle Studio	4:30-5:15 pm ! Strength Fusion Leslie-Studio B			
5:30-6:30 pm ! Cardio Yoga Jordan-Studio A		5:30-6:30 pm ! Cardio Yoga Jordan-Studio A				
6:00-6:45 pm □ Zumba Toning Tracy-Studio B	6:15-7:00 pm □ Cardio Dance Alex-Studio B		6:00-7:00 pm □ Zumba Lift Tracy-Studio B			

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

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

Classes in **BLUE** are aquatic classes

□ Great for All Levels ! High Intensity

* Intermediate ∞ Family Friendly

LIVESTRONG Starting soon

If interested contact

Joyce Bingham at

jbingham@ymcawnc.org or pick a

packet up at the front desk.

Join us for Arts and Crafts with

McDowell County Library-First

Monday of every month.

Check out our senior calendar for
upcoming events.

YMCA360



<https://ymca360.org/>