

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO / STRENGTH

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

**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!

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

**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.

**Functional Flow**– This class is designed to improve balance and movement patterns through various techniques. Utilizing corrective exercise, weighted functional strength, and unilateral/contralateral exercises.

**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.

**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.

**Step**—This class uses moderate step choreography and for a cardio crushing workout.

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

**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

## DANCE

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

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

## AQUATICS\*\*

**Aqua Zumba**– Challenging water-based workout that integrates the Zumba formula into traditional aqua fitness disciplines.

**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 Tabata**– intensive aquatic interval class using 20 seconds of work with 10 seconds of rest. Suitable for all fitness levels.

**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.

## MIND / BODY

**Ageless Grace** This is a seated class for all ages and abilities that stimulates all 5 functions of your brain through fun, playful, and innovative movements.

**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.

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.

**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.

**Qigong** Pronounced (CHEE-Gong) helps to improve one's mental and physical health by integrating posture, movement, breathing, self-massage, sound and focused intent.

**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.

**Somatic Relief** Tension, and stress release in this class with guided meditation, breathing techniques, and gentle movement.

**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.

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

March 2026

REUTER FAMILY YMCA

**Reuter Family YMCA**

3 Town Square Blvd | 828-651-9622

[Ymcawnc.org](http://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.

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		11:30-12:30 Bi-weekly Qigong- MB Jon
8:15a-9:15a BODYPUMP- A Gena		8:15a-9:15a BODYPUMP- A Gena		8:15a-9:15a BODYPUMP- A Gena	8:00a-9:00a ! Ath Con-O/FFR Rotating	11:30-12:30-Bi weekly Somatic Relief-MB Meridith
8:15a-9:15a Vinyasa Yoga- MB Lindsay	8:15-9:15a *new* Functional Flow-MB Julia	8:15-9:15a Vinyasa Yoga-MB Jessica	8:15-9:15a *new* Functional Flow-MB Julia	8:15a-9:15a Vinyasa Yoga- MB Tammy	9:00-9:50am Hip Hop Fitness- A Shellie	1:00p-1:50p Hip Hop Fitness- A Illysa
	8:15a-9:15a PiYo Live®-A Gena		8:15a-9:15a PiYo Live®-A Gena		10:05-10:55am BODYPUMP Express- A Peter	2:00p-3:00p BODYPUMP Heavy-A Illysa
9:30-10:15am Cycle Fusion- C Janine	8:30-9:15am Cycle-C Jay	9:30a-10:15a Cycle Fusion- C Janine	8:30-9:15a Cycle- C Jay	9:30a-10:15a Cycle- C Kelly	9:00-10:00a Cycle- C Jay	2:30p-3:45p Restorative Yoga-MB Kathryn
9:30a-10:20a ∞ Zumba- A Lena		9:30a-10:20a ∞ Zumba- A Jocelyn	9:30-10:20a Pilates Fundamentals-MB Dianne	9:30a-10:20a Step- A Curtis	9:30a-10:30a Power Yoga- MB Bill	4:00-5:00pm Chair Yoga -MB Jess
9:30a-10:30a Chair Yoga- MB Kathryn	9:30a-10:20a Core Conditioning- MB Gena	9:30am-10:30a Chair Yoga- MB Kathryn	9:30a-10:20a Core Conditioning -A Gena	9:30a-10:30a Chair Yoga- MB Kathryn	11:10-12:00pm ∞ Zumba- A Rico	
9:30am-10:15am ∞ TRX- FFR Kelly	9-30a- 10:15a ∞ TRX -FFR Corey	9:30am-10:15am ∞ TRX- FFR Kelly	9-30a- 10:15a ∞ TRX -FFR Karen	9:30a-10:15a TRX Tabata-FFR Rotating		
11:00-12:00p Flex & Stretch- MB Petra	10:30-11:15a ∞ TRX- FFR Corey	11:00-12:00p Flex & Stretch- MB Petra	10:30-11:15a ∞ TRX -FFR Karen	10:30a-11:20a Zumba- A Rico		
11:00a-11:50a Low Impact Fitness-A Karen	10:45a-11:35a ∞ Dynamic Dance- A Elaine	11:00-11:50a Low Impact Fitness-A Karen	10:45-11:35a ∞ Dynamic Dance- A Elaine	11:00a-12:00p Flex and Stretch- MB Petra		
12:00p-12:45p ! Ath Conditioning-A Kelly	10:35a-11:25a Pilates-MB Dianne	12:00p-12:45p ! Ath Conditioning- A Caryl	10:35a-11:25a Pilates- MB Dianne			
12:15p-1:00p Pilates- MB Karen	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	12:00p-12:50p BODYPUMP Express- A Kat	1:00-1:50p Low Impact Conditioning-A Caryl	12:00p-12:50p BODYPUMP Express- A Kat			
2-2:50p *new* Sit to Be Fit- MB Petra	12:15-1:00p ! HIT- FFR Carolina	2-2:50p *new* Sit to Be Fit- MB Petra	12:15-1:00p ! HIT- FFR Carolina			
	1:00-1:45p Ageless Grace- MB Vivian	1:45p-2:45p Advanced Tai Chi- A Merideth *room change*	1:00-1:45p Ageless Grace- MB Vivian			
			3:00-4:00p Somatic Relief- MB Meridith			
5:30p-6:30p BODYPUMP- A Christina	4:30-5:15p *new* TRX- FFR Megan	5:30p-6:30p BODYPUMP- A Christina	4:15-5:00p Kids ' Yoga (4-8)- MB Kathryn			
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	4:30-5:15p *new* TRX- FFR Megan			
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			

# REUTER GROUP EXERCISE SCHEDULE

March 2026

## SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or updated

- O** Studio Outside (Turf)
- C** Cycle Studio
- MB** Mind Body Studio
- P** Pool
- MPR** Multi Purpose Room
- FFR** Functional Fitness Room
- A** Studio A

! High Intensity ∞ Family Friendly / Kid class

\*Paid programming may affect studio availability,  
Check the app for up to date information\*

### EVENTS

3/3- Livestrong begins

3/6- Line Dancing Series begins

3/18- Council on Aging Resource Session

3/22- Family Friendly Cardio Dance

3/25- Balance Basics workshop

### VIRTUAL GROUP EX

Workout ANYWHERE

Ymca360.org

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 *subs*			Aqua Zumba 10:00-10:50a Lena	
Fluid Move- ment 11:00-11:50a *subs*				