

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.

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.

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.

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.

Shapes This class is a low-impact strength class that brings the burn.

Drawing from Pilates, Barre, and Power Yoga, this is the definition or “work hard, play hard.”

Sit to Be Fit A 45 minute chair based class for seniors or physically challenged individuals. This class provides warm up, sitting or standing, stretch, cardio and light resistance training.

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

DANCE

Dynamic Dance Join us for this all inclusive dance class for any level of mental/physical ability. This class will include simple movements and structured free-form dance to pair with fun, music, and exercise.

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**

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.

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.

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.

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 Yoga This class is a gentle, mindful practice that blends traditional yoga postures with somatic movement therapy to improve mind-body awareness and reduce pain, stress, and trauma.

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

July 2026

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.

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		
8:15a-9:15a BODYPUMP- A Gena	8:15a-9:15a Shapes- A Gena *new*	8:15a-9:15a BODYPUMP- A Gena	8:15a-9:15a Shapes- A Gena *new*	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 Meredith
8:15a-9:15a Vinyasa Yoga- MB Lindsay	8:15a-9:15a Functional Flow- MB Julia	8:15a-9:15a Vinyasa Yoga- MB Jessica	8:15a-9:15a Functional Flow- MB Julia	8:15a-9:15a Vinyasa Yoga- MB Tammy	9:00a-9:50a Hip Hop Fitness- A Shellie	1:00p-1:50p Hip Hop Fitness- A Illysa
	8:30a-9:15a Cycle- C Jay		8:30a-9:15a Cycle- C Jay		9:00-9:45a Cycle- C Jay	2:00p-3:00p BODYPUMP Heavy- 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	10:05a-10:55a BODYPUMP Express- A Peter	2:30p-3:45p Restorative Yoga- MB Kathryn
9:30a-10:20a ∞ Zumba- A Lena	9:30a-10:20a Step & Pump- A Joy	9:30a-10:20a ∞ Zumba- A Jocelyn	9:30a-10:20a Step & Pump- A Joy	9:30a-10:20a Step -A Curtis	11:00a-11:45a TRX- FFR Elijah	
9:30a-10:30a Chair Yoga- MB Kathryn	9:30a-10:15a ∞ TRX- FFR Corey	9:30a-10:30a Chair Yoga- MB Kathryn	9:30a-10:15a TRX- FFR Karen	9:30a-10:30a Chair Yoga- MB Kathryn	11:10p-12:00p ∞ Zumba- A Rico	
9:30am-10:15am ∞ TRX- FFR Kelly	10:30a-11:15a TRX- A Corey	9:30a-10:15a ∞ TRX- FFR Kelly	10:30a-11:15a TRX- FFR Elijah	9:30a-10:15a TRX Tabata- FFR Rotating		
11:00a-12:00p Flex & Stretch- MB Petra	10:35a-11:25a Pilates- MB Dianne	11:00a-12:00p Flex & Stretch- MB Petra	10:35a-11:25a Pilates- MB 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	10:45a-11:35a ∞ Dynamic Dance- A Elaine	11:00a-11:50a Flex and Stretch- MB Emily P		
12:00p-12:45p ! Ath Conditioning- A/O Kelly	11:40a-12:40p Chair Yoga- MB Jessica	12:00p-12:45p ! Ath Conditioning- A Caryl	11:40a-12:40p Chair Yoga- MB Jessica			
	12:00p-12:50p BODYPUMP Express- A Kat	12:45p-1:45p Tai Chi Arthritis & Balance MB- Merideth	12:00p-12:50p BODYPUMP Express- A Kat	12:30p-1:30p Tai Chi Arthritis & Balance MB- Merideth		
1:00-1:50p Low Impact Conditioning- A Caryl	12:15-1:00p ! HIT- FFR Carolina	1:00-1:50p Low Impact Conditioning- A Caryl	12:15-1:00p ! HIT- FFR Carolina			
	1:00p-1:45p Ageless Grace- MB Vivian	2:00p-3:00p Advanced Tai Chi- A Merideth	1:00p-1:45p Ageless Grace- MB Vivian			
2:00p-3:00p Sit to Be Fit- MB Petra	2:00p-3:00p Somatic Yoga- MB Diana	2:00p-3:00p Sit to Be Fit- MB Petra				
4:15p-5:15p Shapes- A Kat		4:15p-5:15p Shapes- A Kat				
5:30p-6:30p BODYPUMP- A Christina	5:30p-6:15p Total Body Strength- A Taylor	5:30p-6:30p BODYPUMP- A Christina	5:30p-6:15p Total Body Strength- A Taylor			
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				
6:00p-6:45p ! Ath Conditioning- O Tony	6:05p-6:55 ∞ Zumba- MB Curtis	6:00p-6:45p ! Ath Conditioning- O Tony	6:05-6:55p ∞ Zumba- MB Kathy			
6:35p-7:35p Vinyasa Yoga- MB Christina		6:35p-7:35p Vinyasa Yoga- MB Christina				

Virtual Group Ex
Workout ANYWHERE
Ymca360.org

EVENTS
7/14 Medicare 101
7/20 Dementia Support Group
7/28 Estate Sales Explained
7/4- The Y will close at 1pm

REUTER GROUP EXERCISE SCHEDULE

July 2026

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes
Classes in **YELLOW** are new or updated

O Studio Outside (Turf) **A** Studio A
C Cycle Studio
MB Mind Body Studio **FFR** Functional Fitness Room

! High Intensity ∞ Family Friendly / Kid class
Paid Programming may affect studio availability.
Check the app for up to date information

Aquatic Exercise Classes				
MON	TUES	WED	THURS	FRI
	Aqua Fit 8:00-8:50 Joan		Aqua Fit 8:00-8:50 Melissa	
	Hydro Burn 9:00-9:50a Joan		Hydro Burn 9:00-9:50a Melissa	
Aqua Tabata 10:00-10:50a Michelle		Aqua Fit 10:00-10:50 Beth		
Fluid Move- Ment 11:00-11:50a Michelle		Aqua Tabata 11:00-11:50a Beth		