

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 scientifically backed moves and techniques while providing encouragement, motivation, and great music—helping you achieve much more than on your own! You'll leave class feeling challenged and motivated, ready to come back for more. **RPM™**

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 improve your performance and boost your cardio fitness.

Group Cycle
A group exercise class 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 may include interval drills, step, choreographed aerobics, kickboxing, and strength segments for a total-body workout.

Strength Fusion
This class combines traditional strength exercises with functional training moves to make you fitter and stronger. You'll 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? This class combines challenging strength and cardio exercises in 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 use a combination of weights, body weight, and resistance bands to help you 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 (5–15 lbs., 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 hand weights (1–3 lbs., available in Studio B) to enhance muscle engagement and sculpt the body.

Cardio Dance
If you love to dance and work out, this class is for you. Enjoy 45 minutes of cardio dance that's 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 offers 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 and range-of-motion exercises to increase mobility, flexibility, balance, and endurance. Great for participants with joint and mobility limitations.

Cardio Splash
A deep/shallow, moderate-intensity combination class that jumpstarts 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, and 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 participants to modify their practice based on mobility, health, and current ability level. The class includes seated poses and standing poses using the chair for balance and support.

Pilates
This conditioning program incorporates core training, stretching, and proper breathing techniques for a full-body workout.
Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

Tai Chi – Hwa Yu
Uses slow, spherical, flowing movements to increase physical and mental energy while promoting a meditative connection between mind and body.

Tai Chi for Arthritis/Balance
Helps increase strength, flexibility, mobility, and balance. For people with or without arthritis, this class is a safe and enjoyable way to improve health while delivering many healthy benefits.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

July 2026

Corpening YMCA

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 p.m. - 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

July 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:15** Group Cycle Joyce-Cycle Studio	5:30-6:15 ! Total Body Suzanne-Studio B	5:30-6:15** Group Cycle Joyce-Cycle Studio	5:30-6:15 ! Total Body Suzanne-Studio B			
		8:00-8:45 Line Dancing Beth- Gym		8:00-8:45 Line Dancing Michelle-Gym		
8:30-9:30 Gentle Yoga Mary S-Studio A		8:30-9:30 Holy Yoga Danielle-Studio A				
	9:00-10:00 Vinyasa Flow Yoga Miranda-Studio A		9:00-10:00 Vinyasa Flow Yoga Miranda-Studio A			
9:00-9:45 ! Total Body Angela-Studio B	9:00-9:45 ** Group Cycle Joyce-Cycle Studio	9:00-9:45 ! Total Body Beth-Studio B	9:00-9:45 ** Group Cycle Joyce-Cycle Studio	9:00-9:45 ! Total Body Beth-Studio B	9:00-9:45 ** Group Cycle Joyce-Cycle Studio	
9:30-10:30 Fluid Movement Louise-Pool	9:30-10:30 Fluid Movement Jeanette-Pool	9:30-10:30 Fluid Movement Louise-Pool	9:30-10:30 Fluid Movement Jeanette-Pool	9:30-10:30 Fluid Movement Louise-Pool		
10:00-11:00 Chair Yoga Miranda-Studio A		10:00-10:45 Strength & Balance Beth-Studio A		10:00-10:45 Strength & Balance Beth-Studio A	10:00-10 :00 ! Total Body Leslie-Studio B	
10:00-11:00 ! BODYPUMP Mary S-Studio B	10:00-11:00 ! BODYPUMP Taylor-Studio B		10:00-11:00 ! BODYPUMP Mary S-Studio B			
					11:00-11:45 Line Dancing Michelle-Studio B	
4:30-5:30 Cardio Splash Cris-Pool		4:30-5:30 Cardio Splash Cris-Pool				2:00-3:00 Pilates Gerri-Studio A
4:30-5:15** RPM Leslie-Cycle Room	4:30-5:15 ! Strength Fusion Leslie-Studio B	4:30-5:15** RPM Leslie-Cycle Room	4:30-5:15 ! Cardio Fusion Leslie-Studio B			
5:30-6:30 Vinyasa Yoga Jordan-Studio A	5:30-6:30 Pilates Gerri-Studio A	5:30-6:30 Vinyasa Yoga Jordan-Studio A				
6:00- 6:45 Dance- Check app for type- Studio B			6:00- 6:45 Dance- Check app for type- Studio B			

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or updated

Classes in **Blue** are aquatic classes

! High Intensity ∞ Family Friendly ** intermediate

****Check the app for up to date information****

EVENTS

Join us for Arts and Crafts with McDowell
County Library - First Monday of every
month.

Walking Club every Thursday at 11:00am

Members and non-members welcome.

YMCA360



Ymca360.org