

GROUP EXERCISE CLASS DESCRIPTIONS

DANCE

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

Zumba Gold® provide modified, low-impact moves for active older adults.

The Groove Simple moves to great music so you can dance them your way. This mind-body inspired class proves every body can dance and love it.

Hip Hop Fitness A dance-themed cardio and toning program that blends various hip hop and dancehall moves to strengthen the core and the lower body. Dip, shake and pump your body to the hottest hits while getting fit and having fun.

CARDIO

Cycle Join the ride! Speed, resistance, and more create an exciting and challenging indoor cycle experience. Available in 1 hour class format and 45 minute class format.

Cycle Fusion is an intense combination class where cycling meets strength training, everything you need in one class! This class will include 30 min of cycling and 30 minutes of strength with a cooldown and stretch.

Walk/Run Club Come walk, run/walk or run with us! This is an outdoor, self-paced interval workout around Reynolds Village. Class will incorporate a dynamic warm-up and cool-down. All ages and levels welcome.

Pilates/Barre

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, working Recovery and Eloquence into a challenging full body workout.

Pilates Designed to condition and strengthen abdominal and lower back muscles. Proper breathing techniques, core training and flexibility are key portions of this class

STRENGTH

Strength Fusion This class uses a variety of equipment and movement styles to build fitness through the whole body. Classes may include intervals, skill building, and cardio bursts for a challenging total body workout. This class is appropriate for those with injuries or limitations as well as beginning exercisers.

TRX® Suspension Training body weight exercise develops strength, balance, flexibility & core stability simultaneously.

Athletic Conditioning Express A cross training workout that combines movements from various sports, bootcamp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance and agility.

Les Mills

BODYPUMP - THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories**. 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. and challenging workouts.

BodyBalance™ Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

LES MILLS PILATES™ is a 45-minute, low-impact mind-body workout that reimagines traditional mat Pilates through science-backed movements and rhythmic, energetic music. It primarily targets the core, glutes, back, and hips, leaving participants feeling physically strengthened, mentally balanced, and calm

BODYPUMP HEAVY is a tempo-based strength class that ditches the high-rep endurance format of traditional BodyPump for heavy, traditional lifting. Designed with progressive overload in mind, it features slower speeds, focused foundational movements (like squats, deadlifts, and presses), and up to two minutes of recovery between sets .

MIND / BODY

Gentle Yoga A gentle yoga class for anyone looking for a relaxing practice.

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.

Yogalates is the integration of class pilates exercises with slow flow yoga. We will be focusing on the strengthening the muscles of the core with particular attention to the abdominal. We also will focus on the lengthening muscles through yoga flow sequences. Yogalates will leave you feeling stronger and more flexible throughout the whole body.

Yoga Nidra also known as "yogic sleep," is a guided meditation practice that aims to induce a deep state of relaxation and inner stillness. Yoga Nidra Reduces anxiety and depression, Improves sleep quality, Promotes emotional well-being, Enhances cognitive function, and Boosts the immune system.



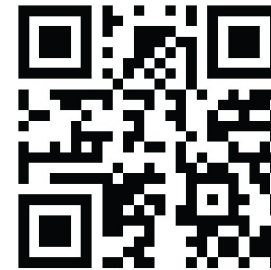
GROUP EXERCISE SCHEDULE

JULY 2026

Woodfin YMCA

RESERVE YOUR SPOT

Classes require registration, scan QR code to access our app and register.



Class reservations open 26 hours before the class begins.

CENTER HOURS

Mon.-Thur.	6:00 am-8:00 pm
Fri.	6:00 am– 6:00 pm
Sat.	7:00 am-4:00 pm
Sun.	9:00 am-5:00 pm

CHILDCARE HOURS

Mon.-Sat	8:00am-12:30pm
Mon-Thurs	3:30-7:30 pm
Sun.	9:00-12:00 pm



WOODFIN YMCA GROUP EXERCISE SCHEDULE

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30 a ∞ Vinyasa Yoga-SA Leanna	6:15-6:45 a Athletic Conditioning Express-SC Lori	7:30-8:30 a ∞ Vinyasa Yoga-SA Leanna	6:15-6:45 a Athletic Conditioning Express-SC Lori			
8:00-8:45 a Strength Fusion SB Marian	7:00-7:45 a Cycle-SB Copland	8:00-8:45 a BODY PUMP Heavy -SB Jennifer	7:00-7:45 a Cycle-SB Copland	8:00-8:45 a BODY PUMP Heavy -SB Jennifer	8:00-9:00 a Cycle-SB Copland	
	8:00-8:45 a ∞ The Groove-SA Leanna		8:00-8:45 a ∞ The Groove-SB Leanna		8:45-9:45 a BodyBalance-SA Kate	
9:00-9:45 a Strength Fusion-SB Jessica	8:00-8:45 am Yogalates-SA Gillian	9:00-9:45 a Strength Fusion-SB Jessica	8:00-8:45 a Yogalates-SA Gillian	9:00-9:45 a Strength Fusion-SB Jen	9:30-10:30 a Body Pump-SB Shelley	9:30-10:15 a Strength Fusion-SB Jennifer
10:00-11:00 a ∞ Gentle Yoga-SA Tanya	9:00-10:00 a Vinyasa Yoga -SA Tanya	10:00-11:00 a ∞ Gentle Yoga-SA Maro	9:00-10:00 a Vinyasa Yoga -SA Vinita	10:00-11:00 a ∞ Gentle Yoga-SA Shonna	10:00-10:45 a The Groove-SA Judy	9:45-10:45 a ∞ Gentle Yoga-SA Shonna
10:00-10:45 a ∞ Zumba Gold-SB Nancy	10:15-11:15 a Pilates-SA Vinita	10:00-10:45 a ∞ Zumba Gold-SB Nancy	10:15-11:15 a Pilates-SA Vinita	10:00-10:45 a ∞ Zumba-SB Eugenia	10:45-11:45 a Body Pump-SB Cameron	10:30 -11:15 a Cycle-SB Copland/Aarom
11:15-12:00 p TRX-SB Jessica	10:15-11:15 a Body Pump-SB Shelley	11:15-12:00 p TRX-SB Jessica	10:15-11:15 a Body Pump-SB Shelley	11:15-12:00 p TRX-SB Suzanne	11:00-12:00 p Vinyasa Yoga-SA Gillian	11:00-12:00 p ∞ Vinyasa Yoga-SA Elspeth
11:15-12:00 p Pilates-SA Judy H.	11:30-12:30 p ∞ Gentle Yoga-SA Vinita	11:15-12:00 p Pilates-SA Judy H.	11:30-12:30 p ∞ Gentle Yoga-SA Vinita	11:15-12:15 p Pilates-SA Shonna	12:00-12:45 p Zumba-SB Lena	11:30-12:15 p Strength Fusion-SB Conny
12:15-1:00 p Cycle- Fusion SB Judy H.	11:30-12:15 p Les Mills Pilates-SB Shelley	12:15-1:00 p Cycle- Fusion SB Judy H.	11:30-12:15 p 567Broadway!-SB Connie	12:15-1:00 p Body Pump Express-SB Cameron		12:30-1:30 pm Hip Hop Fitness-SB Katie
4:00-4:45 p ∞ Hip Hop Fitness-SB Katie	12:30-1:15 p Cycle-SB Jessica		12:30-1:15 p Cycle-SB Jessica		2:00-3:00 p Tai Chi-SA Alex	
	1:30-2:15 15 Strength Fusion-SB Conny	4:00-5:00 p Pilates-SA Shonna	4:15-5:00 p Pilates-SA Jay			
5:00-6:00 p BODY PUMP-SB Karen	4:15-5:00 p Pilates-SA Jay	5:00-5:45 p TRX-SB Conny	5:15-6:15 p ∞ Hip Hop Fitness-SB Kim			
5:15-6:00 pm Les Mills Pilates-SA Shelley	5:15-6:15 p ∞ Hip Hop Fitness-SB Katie	5:15-6:15 p ∞ Vinyasa Yoga-SA Leanna	5:15-6:15 p Barre -SA Jay			
6:30-7:30 p Yoga Nidra-SA Janet	5:15-6:15 p ∞ Vinyasa Yoga-SA Elspeth	6:00-7:00 pm Hip Hop Fitness-SB Katie	6:30-7:30 p BODY PUMP Heavy-SB Peter			
			6:00-7:00 p (starts 7/14) Walk/Run Club-SC Matthew			

SCHEDULE KEY

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

PURPLE are for Les Mills classes

SA Studio A , SB Studio B, SC Studio C (downstairs)

∞ - Family friendly

VIRTUAL GROUP EX

Find live virtual classes and an online video library that members have access to at your convenience at ymcawnc.org/virtual-y