

GROUP EXERCISE CLASS DESCRIPTIONS

DANCE

Cardio Dance If you love to dance and workout, this class is for you. Join this easy -to-follow cardio dance class, suitable for all fitness levels.

Line Dancing 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 that nourishes your body, social health, and mind.

CYCLE

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 - Cycle Fusion is an intense combination class where cycling meets strength training, everything you need in one class!

COMBINATION

BODYPUMP™ IS 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 HEAVY-Tempo-based weightlifting that switches on your metabolic engine to build lean muscle. Drawing on traditional lifting techniques, each class challenges strength, combines slower lifting focusing on foundational lifts which allows for increased focus and heavier lifts.

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.

Low Impact Fitness Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones. Increase your muscular strength and range of movement as well as your cardiovascular fitness, helping with activities of daily living.

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.

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.

STEP & PUMP– This class uses intermediate step choreography and weight lifting segments for a total body workout.

HIIT High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus. You'll experience short, intense bouts of exercise using many modes of training.

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories in a class. No experience needed. Release stress, have a blast and feel like a champ.

Kickboxing-combines martial arts techniques with fast-paced cardio. This high -energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Little FIT Kids Club-Especially for KIDS this class is designed to include movement and mindfulness ages 3-5. Themed activities that incorporate stretching, exercises, playful games to build confidence, coordination, and emotional awareness. Parental involvement is encouraged.

BIG FIT Kids Club Especially for KIDS this class is designed to include movement and mindfulness ages 6 and up. Themed activities that incorporate stretching, exercises, playful games to build confidence, coordination, and emotional awareness.

MIND / BODY

Pilates A low-impact exercise performed on a mat that focuses on core strength, flexibility, balance, and posture through controlled movements and mindful breathing.

Tai Chi for Arthritis helps to increase strength, flexibility, mobility and balance. For people with or without arthritis, It is an enjoyable and safe set of forms which delivers many health benefits.

Vinyasa Yoga Focus on linking conscious breath with mindful movement, awakening their energy and flexibility with a focus on moving gracefully from one pose to the next. Intensity level is set by the instructor, and all poses are modified for all levels. .

Chair Yoga: Stretch, breathe and relax without having to get up and down from the floor. This class is ideal for anyone with mobility concerns or may be recovering from an injury.

Yogalates: A dynamic fusion of yoga and Pilates that enhances flexibility, core, strength, and mindfulness, making it an appealing practice for all fitness levels.

Barre Ballet dance-inspired conditioning, to create a format suitable for every level of exerciser, BARRE is a workout like no other! This format combines Balance, Agility, Resistance

AQUATICS

Aqua Tabata A high intensity aquatic interval class that uses 20 seconds of intense work, followed by 10 seconds of rest or active recovery. Suitable for all fitness levels.

Cardio Splash A deep/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

Hydroburn/DEEP WATER A high-intensity total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints.

Water Walking A low-impact walking workout in the pool featuring a variety of drills designed to improve cardiovascular endurance, balance, mobility, and strength. A joint-friendly workout that's ideal for all fitness levels.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

September 2026

BLACK MOUNTAIN YMCA

Black Mountain YMCA
25 Jane Jacobs Rd | 828-552-3620
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	5:30 a.m. - 9:00 p.m.
Fri	5:30 a.m. - 8:00 p.m.
Sat	8:00a.m. - 5:00p.m.
Sun	11:00 a.m. - 5:00 p.m.

CHILDCARE HOURS

Mon-Sat	8:00 a.m.-1 p.m.
Mon-Thur	3:30 p.m.-7:00 p.m.
Sun	CLOSED

BLACK MOUNTAIN GROUP EXERCISE SCHEDULE

September 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00a-7:00a ! Cycle Donette	7:45a-8:30a BODYPUMP HEAVY Sadie G.	7:45a-8:40a mod/hi Athletic Conditioning Malynda	7:00a-7:30a Cycle Jami	6:00a-7:00a ! Cycle Fusion Carla	8:45a-9:30a mod/hi Cycle Rotating Instructor	11:30a-12:30p mod Pilates Raven
7:30-8:40a mod/hi Total Body Training Jeryl	8:45a-9:30a mod Cardio Dance Sadie S.	8:45a-9:30a ! Step Aerobics Jeryl	7:45a-8:30a BODYPUMP HEAVY Sadie G	7:30a-8:15a Strength & Balance Jeryl	9:45a-10:45a mod/hi Strength Fusion Julie	2pm-3pm Power Yoga Ed
8:45a-9:30a low Low Impact Fitness Jeryl	9:30a-10:30a Tai Chi *OUTSIDE* Jay	9:45a-10:45a mod/hi BODYPUMP Sadie G	8:45a-9:30a mod∞ Barre Jen P.	8:30a-9:15a low∞ Low Impact Fitness Jessica	11:00a-12:00p mod Yoga Becca	
9:45a-10:45a mod/hi Cycle Fusion Erica G	9:45a-10:45a ! HIIT Erica G	11:00a-12:00p BARRE Raven	9:45a-10:30a ! BODYCOMBAT Jen P.	9:45a-10:45a mod/hi BODYPUMP HEAVY Sadie G	3:45p- 4:45p Country Two Step Progression **FEE BASED ** Sept 12th Start	
11:00a-12:00p mod Yogalates Raven	11:00a-12:00p mod Vinyasa Yoga Michele B	12:15p-1:00p low Sit to be Fit Cyndy	11:00a-12:00p mod Pilates Raven	11:00a-12:00p mod Step & PUMP Julie	AQUATIC EXERCISE CLASSES	
12:15p-1:00p low Sit to be Fit Cyndy	12:15p-1:15p low Chair Yoga Kathryn	1:15p-2:15p Line Dancing Jeryl	12:15p-1:15p low Chair Yoga Kathryn	12:15p-1:00p low Sit to be Fit Cyndy		
1:00- 2:00 LIVESTRONG	1:30p-2:15p low Sit to be Fit Sadie S	2:30p-3:30p Rock Steady Boxing Sadie S	3:15p-4:15p Power Yoga Ed	1:30p-2:30p low Tai Chi Jay		
2:30p-3:30p Rock Steady Boxing Sadie S **Fee-Based**	3:15p-4:15p Power Yoga Ed	4:30p-5:15p hi! HIIT Julie	4:30p-5:30p mod/hi BODY PUMP HEAVY Sadie G	4:30p-5:15p mod ∞ Cardio Dance Erika H		
4:30p-5:30p mod/hi Strength Fusion Julie	4:30p-5:30p mod/hi BODY PUMP Sadie G	5:30p-6:30p low Tai Chi for Energy Jay				
5:45p-6:30p mod Step Aerobics Mary Beth	5:45-6:45 Line Dancing Erika H					
6:45p-7:45p low Tai Chi for Arthritis Jay						

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have time changes

! High Intensity ∞ Family Friendly / Kid class (6+)

VIRTUAL
GROUP EX

Workout



SATURDAY SCHEDULE

Saturday classes are on an instructor rotation and will meet if there is an available instructor! Please check the YMCA app for an updated Saturday schedule!