

CS Cycle Studio POOL Pool SA Studio A SB Studio B Les Mills

MON	TUE	WED	THU	FRI	SAT	SUN
5:30–6:15am Cycle Joyce B. · CS	5:30–6:15am Total Body Training Suzanne H. · SB	5:30–6:15am Cycle Joyce B. · CS	5:30–6:15am Total Body Training Suzanne H. · SB	5:30–6:30am BODYPUMP Taylor J. · SB	9:00–9:45am Cycle Joyce B. · CS	2:00–3:00pm Pilates Gergana A. · SA
8:30–9:30am Gentle Yoga Mary M. · SA	8:00–9:00am Vinyasa Yoga Jordan L. · SA	8:30–9:30am Holy Yoga Danielle B. · SA	8:30–9:30am Vinyasa Yoga Mary S. · SA	8:00–8:45am Line Dancing Leslie S. · SB	9:00–9:45am Line Dancing Michelle H. · SB	
9:00–9:45am Total Body Training Angela B. · SB	9:00–9:45am Cycle Joyce B. · CS	9:00–9:45am Total Body Training Leslie H. · SB	9:00–9:45am Cycle Joyce B. · CS	9:00–9:45am Total Body Training Dana B. · SB	10:00–10:45am Total Body Training Leslie H. · SB	
9:30–10:30am Fluid Movement Louise G. · POOL	9:30–10:30am Fluid Movement Jeanette J. · POOL	9:30–10:30am Fluid Movement Louise G. · POOL	9:30–10:30am Fluid Movement Jeanette J. · POOL	9:30–10:30am Fluid Movement Louise G. · POOL		
10:00–10:45am BODYPUMP Mary S. · SB	4:30–5:15pm Strength Fusion Leslie H. · SB	10:00–10:45am Strength and Balance Dana B. · SA	10:00–10:45am BODYPUMP Mary S. · SB	10:00–10:45am Strength and Balance Dana B. · SA		
10:00–11:00am Chair Yoga Mary M. · SA	5:30–6:30pm Pilates Gergana A. · SA	10:00–11:00am Tai Chi David M. · SB	4:30–5:15pm Cardio Fusion Leslie H. · SB	10:00–11:00am Tai Chi David M. · SB		
4:30–5:30pm Cardio Splash Cris W. · POOL	5:30–6:15pm Total Body Training Dana B. · SB	4:30–5:30pm Cardio Splash Cris W. · POOL	5:30–6:15pm Total Body Training Dana B. · SB			
4:30–5:15pm RPM Leslie H. · CS		4:30–5:15pm RPM Leslie H. · CS				
6:00–6:45pm Zumba Toning Tracy S. · SB		5:30–6:30pm Vinyasa Yoga Jordan L. · SA				
		6:00–7:00pm Zumba Lift Tracy S. · SB				

CLASS DESCRIPTIONS

Corpening Memorial YMCA • November 2026



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AQUATICS

Cardio Splash A deep/shallow combination class that will jumpstart your cardiovascular workout. This class also includes core strengthening exercises and stretching for maximum flexibility and range of motion. Classes may be canceled due to weather and we will adhere to WeatherBug notifications of lighting within a 6 mile radius. Cancellations may also happen in the middle of class due to weather.

Fluid Movement Suitable for every fitness level. This class offers walking and range of motion exercises to increase mobility, flexibility, balance and endurance. Great for participants with joint and mobility limitations. Definitely a valuable add on to your Wellness Center workouts. Classes may be canceled due to weather and we will adhere to WeatherBug notifications of lighting within a 6 mile radius.

DANCE

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, but also a celebration of movement that nourishes your body, social health, and mind.

Zumba Lift Zumba + Lift™ fuses the fun of dance with the power of resistance training, using heavier dumbbells (5-15lbs, 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.

MIND BODY

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.

Gentle Yoga A yoga class for anyone seeking relaxation. This class will work through the fundamentals of yoga including postures, alignment, and breathing. This is a great class for beginners or those wanting restful movement.

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.

Pilates A mind body exercise evolved from the principles of Joseph Pilates. This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes. Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

Tai Chi is an ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. Focus on breath, mind, and body integration for health.

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. Intensity level is set by the instructor, and all poses are modified for all levels.

STRENGTH

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 gives you a total body workout. 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...

Strength and 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.

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.

Total Body Training Want to burn fat, build muscle and have fun? Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body. For outdoor classes, we will adhere to WeatherBug notifications of lighting within a 6 mile radius. Cancellations may also happen in the middle of class should weather conditions change.

GENERAL

Cardio Fusion A cardio workout that can include interval drills step, choreographed varied intensity aerobics, or kickboxing, and includes strength segments for a total body workout.

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.

RPM™ is 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.

Zumba Toning combines dance and strength training, using light handweights (1-3lbs, available in Studio B), to enhance muscle engagement and sculpt the body.