GROUP EXERCISE SCHEDULE

NOVEMBER 2026

Black Mountain YMCA

Regular weekly classes · one-time events not listed

FS Fitness Studio **POOL** Pool Les Mills Pool **$** Paid program

MON

6:00–7:00am
Cycle
DONETTE M. · FS

7:30–8:30am
Total Body Training
Jeryl S. · FS · *no class Nov 9*

8:45–9:30am
Low Impact Fitness
Jeryl S. · FS · *no class Nov 9*

9:45–10:45am
Cycle Fusion
Erica G. · FS · *no class Nov 2*

10:00–10:50am
Hydro Burn
Rochelle B. · POOL

11:00am–12:00pm
Yogalates
Raven B. · FS

12:15–1:00pm
Sit to be Fit
Cyndy K. · FS

1:00–2:00pm
LIVESTRONG at the YMCA
Staff · FS

2:30–3:30pm
Rock Steady Boxing
Lori P. · FS

3:30–4:15pm
PAID-LiftMore for Bone Health $
Staff · FS

4:30–5:30pm
Strength Fusion
Julie H. · FS

5:30–6:20pm
Cardio Splash
Dianna D. · POOL

5:45–6:45pm
Step
Mary B. · FS

TUE

7:45–8:30am
BODYPUMP HEAVY
Sadie G. · FS

8:45–9:30am
Cardio Dance
Sadie S. · FS · *no class Nov 10*

9:45–10:45am
HIIT
Erica G. · FS

10:00–10:50am
Cardio Splash
Rochelle B. · POOL

11:00am–12:00pm
Vinyasa Yoga
Michele B. · FS

12:15–1:15pm
Chair Yoga
Kathryn L. · FS

3:15–4:15pm
Power Yoga
Ed C. · FS · *no class Nov 3*

4:30–5:30pm
BODYPUMP
Colleen W. · FS

5:45–6:45pm
Line Dancing
Erika H. · FS

WED

7:45–8:40am
Athletic Conditioning
Malynda K. · FS · *no class Nov 25*

8:45–9:30am
Step
Jeryl S. · FS · *no class Nov 11*

9:45–10:45am
BODYPUMP
Sadie G. · FS

10:00–10:50am
Aqua Tabata
Sadie S. · POOL

11:00am–12:00pm
Barre
Raven B. · FS · *no class Nov 11*

12:15–1:00pm
Sit to be Fit
Cyndy K. · FS

1:15–2:15pm
Line Dancing
Jeryl S. · FS · *no class Nov 11*

2:30–3:30pm
Rock Steady Boxing
Lori P. · FS

3:30–4:15pm
PAID-LiftMore for Bone Health $
Staff · FS

4:30–5:30pm
HIIT
Julie H. · FS

5:30–6:20pm
Cardio Splash
Tracy A. · POOL

THU

7:45–8:30am
BODYPUMP HEAVY
Jami H. · FS

8:45–9:30am
Barre
Jennifer P. · FS

9:45–10:30am
BODYCOMBAT
Jennifer P. · FS

10:00–10:50am
Water Walking
Sadie S. · POOL · *no class Nov 5*

11:00am–12:00pm
Pilates
Raven B. · FS

12:15–1:15pm
Chair Yoga
Jaya M. · FS · *no class Nov 5*

3:15–4:15pm
Power Yoga
Ed C. · FS · *no class Nov 5*

4:30–5:30pm
BODYPUMP HEAVY
Sadie G. · FS

FRI

6:00–7:00am
Cycle Fusion
Carla M. · FS

7:30–8:15am
Strength and Balance
Jeryl S. · FS · *no class Nov 6, 13*

8:30–9:15am
Low Impact Fitness
Jessica M. · FS

9:45–10:45am
BODYPUMP
Colleen W. · FS · *no class Nov 6*

10:00–10:50am
Cardio Splash
Dianna D. · POOL

11:00am–12:00pm
Step & Pump
Julie H. · FS

12:15–1:00pm
Sit to be Fit
Cyndy K. · FS

1:30–2:30pm
Tai Chi for Energy
Jay L. · FS

SAT

9:45–10:45am
Strength Fusion
Julie H. · FS · *no class Nov 7*

11:00am–12:00pm
Power Yoga Flow
Ed C. · FS

11:45am–12:35pm
Cardio Splash
Dianna D. · POOL

SUN

11:30am–12:30pm
Pilates
Raven B. · FS

2:00–3:00pm
Power Yoga
Ed C. · FS · *no class Nov 1*

Classes and instructors can change. For the latest schedule and to reserve your spot, use the Y's mobile app (scan the code on the back). Printed Nov 12, 2026.

GROUP EXERCISE SCHEDULE

CLASS DESCRIPTIONS

Black Mountain YMCA · November 2026

Get the app
See the latest schedule, reserve your spot and get updates on changes in the Y's mobile app.

Scan with your phone's camera to download.

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. Reservations are required for all classes.

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.

Hydro Burn A high-intensity deep and low end water total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints. We will adhere to WeatherBug notifications of lighting within a 6 mile radius.

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

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.

CARDIO

BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. Ages 13+

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.

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 including body weight, suspension training and kettlebells.

Step is a fun and highly effective cardio training. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, balance and strength with exciting music and group energy.

COMBINATION

Athletic Conditioning 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. Outdoor classes may be moved indoors or canceled due to weather.For outdoor classes, we will adhere to WeatherBug notifications of lighting within a 6 mile radius.

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…

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

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 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.

Step & Pump This class uses intermediate step choreography and weight lifting segments for a total body workout.

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.

DANCE

Cardio Dance If you love to dance this class is for you! Join this easy-to-follow cardio dance class, suitable for all fitness levels.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, but also a celebration of movement that nourishes your body, social health, and mind.

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.

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.

Power Yoga An active yoga style that moves more quickly through yoga poses building heat, strength and flexibility. Poses flow together, or are linked with sun salutations. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

Power Yoga Flow A strong, steady flow designed to build power, balance, and focus. Move through energizing sequences that connect movement to breath while improving strength, mobility, and mindfulness.

Tai Chi for Energy Comprised of two different Tai Chi styles, Chen and Sun. Chen style is vigorous and complex, integrating fast and slow movements with powerful spiral force. Sun style incorporates unique Qigong and has agile steps using powerful Qigong movements for healing. These two seemingly conflicting styles have complementary internal energy.

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.

PILATES

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

STRENGTH

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.

PAID-LiftMore for Bone Health $ FEE BASED PROGRAM -LiftMore for Bone Health is a small group personal training program for those wanting to strength train for bone health in a supervised setting. It includes structured high intensity resistance and impact training focused on improving bone density and muscle strength, especially for those with low bone mass or osteoporosis.

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.

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.

GENERAL

LiveStrong at the YMCA® (LSATY) FREE 12-week program for adult cancer survivors. Trained Y wellness coaches work with each participant as they transition from treatment to regaining their physical and emotional strength. Requires physician approval/clearance and advanced registration into the program.

Rock Steady Boxing This 12-week Parkinson's wellness recovery program is designed to help maintain or restore skills that deteriorate and interfere with everyday movements. Exercises are largely adapted from boxing drills that focus on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength.

Good to know: Reservation is forfeited if not present at scheduled start of class. Classes that are canceled will have automatic email replies sent to registrant's email account about the cancelation. Cancelations may also happen in the middle of class should weather conditions change. Classes may be canceled due to weather and we will adhere to WeatherBug notifications of lighting within a 6 mile radius. Cancelations may also happen in the middle of class due to weather.