GROUP EXERCISE SCHEDULE

NOVEMBER 2026

Woodfin YMCA

Regular weekly classes · one-time events not listed

DS Downstairs Studio **SA** Studio A **SB** Studio B Les Mills **$** Paid program

MON

7:30–8:30am
Vinyasa Yoga
Allison J. · SA · *no class Nov 2*

8:00–8:45am
Strength Fusion
Marian R. · SB · *no class Nov 2*

9:00–10:00am
Paid Program $
Aaron O. · DS · *no class Nov 2*

9:00–9:45am
Strength Fusion
Jessica M. · SB · *no class Nov 2*

10:00–11:00am
Gentle Yoga
Tanya N. · SA · *no class Nov 2*

10:00–10:45am
Zumba Gold
Nancy H. · SB · *no class Nov 2*

11:15am–12:00pm
Classical Pilates
Jay H. · SA · *no class Nov 2*

11:15am–12:00pm
TRX
Jessica M. · SB · *no class Nov 2*

12:15–1:00pm
Athletic Conditioning
Lori P. · DS · *no class Nov 2*

12:15–1:15pm
Cycle Fusion
Jay H. · SB · *no class Nov 2*

1:00–3:30pm
MahJong Club - Int./Adv.
Staff · SA · *no class Nov 2*

1:30–2:30pm
Paid Program $
Staff · SB · *Nov 2 in DS*

4:00–4:45pm
Hip Hop Fitness
Katie W. · SB · *no class Nov 2*

5:00–6:00pm
BODYPUMP
Karen J. · SB · *no class Nov 2*

5:15–6:00pm
Les Mills Pilates
Shelley N. · SA · *no class Nov 2*

6:30–7:30pm
Yoga Nidra
Janet F. · SA · *no class Nov 2*

TUE

6:05–6:45am
Athletic Conditioning Express
Lori P. · DS · *no class Nov 3*

7:00–7:45am
Cycle
Copland R. · SB · *no class Nov 3*

8:00–8:45am
The Groove
Leanna J. · SB · *no class Nov 3*

8:00–8:45am
Yogalates
Gillian H. · SA · *no class Nov 3*

8:15–9:15am
Paid Program-Bootcamp $
Jessica M. · DS

9:00–10:00am
Paid Program $
Staff · SB · *no class Nov 3*

9:00–10:00am
Vinyasa Yoga
Tanya N. · SA · *no class Nov 3*

10:15–11:15am
BODYPUMP
Shelley N. · SB · *no class Nov 3*

10:15–11:15am
Pilates
Vinita K. · SA · *no class Nov 3*

11:30am–12:30pm
Gentle Yoga
Vinita K. · SA · *no class Nov 3*

11:30am–12:15pm
Les Mills Pilates
Shelley N. · SB · *no class Nov 3*

12:30–1:15pm
Cycle
Jessica M. · SB · *no class Nov 3*

12:45–2:15pm
Paid Program Power Moves $
Devi S. · SA · *Nov 3 in DS*

1:30–2:15pm
Strength Fusion
Conny A. · SB · *no class Nov 3*

2:15–4:00pm
LIVESTRONG at the YMCA $
Cynthia L. · SA · *no class Nov 24, Nov 3 in DS*

4:15–5:00pm
Pilates
Jay H. · SA · *no class Nov 3*

5:15–6:15pm
Hip Hop Fitness
Katie W. · SB · *no class Nov 3*

5:15–6:15pm
Vinyasa Yoga
Elspeth G. · SA · *no class Nov 3*

6:00–7:00pm
Walk and Run Club
Staff · DS · *no class Nov 3*

6:30–7:15pm
Strength Fusion
Olive W. · SB · *no class Nov 3*

WED

7:30–8:30am
Vinyasa Yoga
Shonna C. · SA · *no class Nov 4*

8:00–8:45am
BODYPUMP HEAVY
Jennifer B. · SB · *no class Nov 4*

8:45–9:45am
Classical Pilates
Carolyn G. · SA · *no class Nov 4*

9:00–10:00am
Paid Program $
Aaron O. · DS · *no class Nov 4*

9:00–9:45am
Strength Fusion
Jessica M. · SB · *no class Nov 4*

10:00–11:00am
Gentle Yoga
Maro S. · SA · *no class Nov 4*

10:00–10:45am
Zumba Gold
Nancy H. · SB · *no class Nov 4*

11:15am–12:15pm
Paid Program $
Maro S. · DS

11:15am–12:00pm
Pilates
Jay H. · SA · *no class Nov 4*

11:15am–12:00pm
TRX
Jessica M. · SB · *no class Nov 4*

12:15–1:15pm
Cycle Fusion
Jay H. · SB · *no class Nov 4*

12:15–1:15pm
Slow Flow Yoga
Lisa V. · SA · *no class Nov 4*

1:30–2:30pm
Paid Program $
Staff · SB · *Nov 4 in DS*

2:00–3:00pm
Paid Program $
Susan C. · SA · *Nov 4 in DS*

4:00–4:45pm
Hip Hop Fitness
Katie W. · SB · *no class Nov 4*

4:00–5:00pm
Pilates
Shonna C. · SA · *no class Nov 4*

5:00–5:45pm
TRX
Conny A. · SB · *no class Nov 4*

5:15–6:15pm
Vinyasa Yoga
Shonna C. · SA · *no class Nov 4*

THU

6:05–6:45am
Athletic Conditioning Express
Lori P. · DS · *no class Nov 5, 26*

7:00–7:45am
Cycle
Copland R. · SB · *no class Nov 5, 26*

8:00–8:45am
The Groove
Nancy H. · SB · *no class Nov 5, 26*

8:00–8:45am
Yogalates
Gillian H. · SA · *no class Nov 5, 26*

8:15–9:15am
Paid Program-Bootcamp $
Jessica M. · DS · *no class Nov 26*

9:00–10:00am
Paid Program $
Staff · SB · *no class Nov 5, 26*

9:00–10:00am
Vinyasa Yoga
Vinita K. · SA · *no class Nov 5, 26*

10:15–11:15am
BODYPUMP
Shelley N. · SB · *no class Nov 5, 26*

10:15–11:15am
Pilates
Vinita K. · SA · *no class Nov 5, 26*

11:30am–12:15pm
567BROADWAY!
Conny A. · SB · *no class Nov 5, 26*

11:30am–12:30pm
Gentle Yoga
Vinita K. · SA · *no class Nov 5, 26*

12:30–1:15pm
Cycle
Jessica M. · SB · *no class Nov 5, 26*

12:45–2:15pm
Paid Program Power Moves $
Devi S. · SA · *no class Nov 26, Nov 5 in DS*

1:30–2:15pm
Strength Fusion
Lori P. · SB · *no class Nov 5, 26*

2:15–4:00pm
LIVESTRONG at the YMCA $
Cynthia L. · SA · *no class Nov 26, Nov 5 in DS*

4:15–5:00pm
Pilates
Jay H. · SA · *no class Nov 5, 26*

5:15–6:15pm
Barre
Jay H. · SA · *no class Nov 5, 26*

5:15–6:15pm
Hip Hop Fitness
Kim L. · SB · *no class Nov 5, 26*

6:30–7:30pm
BODYPUMP HEAVY
Peter W. · SB · *no class Nov 5, 26*

FRI

8:00–8:45am
BODYPUMP HEAVY
Jennifer B. · SB · *no class Nov 6*

8:45–9:45am
Paid Program $
Maro S. · SA

9:00–9:45am
Strength Fusion
Jennifer B. · SB · *no class Nov 6*

10:00–11:00am
Gentle Yoga
Shonna C. · SA · *no class Nov 6*

10:00–10:45am
Zumba
Eugenia W. · SB · *no class Nov 6*

11:15am–12:15pm
Classical Pilates
Carolyn G. · SA · *no class Nov 6*

11:15am–12:00pm
TRX
Suzanne I. · SB · *no class Nov 6*

12:15–1:00pm
BODYPUMP Express
Cameron W. · SB · *no class Nov 6*

1:00–4:00pm
MahJong Club - Int./Adv.
Staff · SA · *no class Nov 6*

1:30–2:30pm
Cycle Fusion
Aaron O. · SB · *no class Nov 6*

SAT

8:00–9:00am
Cycle
Copland R. · SB · *no class Nov 7*

9:30–10:30am
BODYPUMP
Shelley N. · SB · *no class Nov 7*

10:45–11:45am
BODYPUMP
Cameron W. · SB · *no class Nov 7*

11:00am–12:00pm
Vinyasa Yoga
Shonna C. · SA · *no class Nov 7*

12:15–1:00pm
Zumba
Lena S. · SB · *no class Nov 7*

2:00–3:00pm
Tai Chi
Alejandro S. · SB · *no class Nov 7*

SUN

9:30–10:15am
Strength Fusion
Jennifer B. · SB · *no class Nov 1*

9:45–10:45am
Gentle Yoga
Shonna C. · SA · *no class Nov 8*

10:30–11:15am
Cycle
Copland R. · SB

11:00am–12:00pm
Vinyasa Yoga
Elspeth G. · SA

11:30am–12:15pm
Strength Fusion
Conny A. · SB

12:30–1:30pm
Hip Hop Fitness
Katie W. · SB · *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 16, 2026.

GROUP EXERCISE SCHEDULE

CLASS DESCRIPTIONS

Woodfin 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.

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

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.

Walk and 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.

COMBINATION

Athletic Conditioning Express A 30 minute version of our full length class so you can get in and out quickly and efficiently. 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. Classes that are canceled will have automatic email replies sent to registrant's email account about the cancelation.

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

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.

DANCE

567BROADWAY! is a dance fitness program designed for adults to have fun, sweat and share in the love of Broadway! It's a creative workout that helps your body, mind and spirit shine brightly. You will learn steps and choreography set to Broadway tunes culminating in fun, energizing dance routines that everyone can do!

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

The Groove is a dynamically interactive and creative group dance experience.With great music, your facilitator will UNITE everyone in a simple movement or rhythm but you get to dance it your own UNIQUE way.While exploring a variety of styles and genres, we encourage you to enjoy and feel good in your body, every step along the way.

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

Zumba Gold Move to the beat at your own speed in this invigorating, community-oriented dance fitness class. Zumba Gold® provides modified, low-impact moves that are perfect for active older adults and those new or returning to exercise.

HEALTHY AGING EVENT

MahJong Club - Int./Adv. Ferguson MahJong Club is a free community club open to both YMCA members and non-members who already know how to play. It's a great opportunity to socialize, make new friends and enjoy a fun game of MahJong together. Beginner classes coming this winter! Please bring your own set if you have one as our supplies are limited. Meets the 2nd and 4th Friday each month. Register at the front desk.

HIGH INTENSITY INTERVAL

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.

MIND BODY

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.

Slow Flow Yoga Slow Flow-Slow Flow Vinyasa Yoga is a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga. This slower-paced flow class allows time to explore the postures while cultivating strength, flexibility, balance, and calm.

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.

Yoga Nidra, also known as "yogic sleep" is a guided meditaion practice that aims to induce a deep state of relaxation and inner stillness. Yoga Nidra reduces anxiety and depression, improves sleep queslity, promotes emotional well being, enhances cognitive function, and boosts the immune system.

PILATES

Classical Pilates is the original exercise method created by Joseph Pilates in the early 20th century, strictly following his established sequence of movements, transitions. Originally called "Contrology," the traditional practice focuses on whole-body integration, core strength (the "powerhouse"), and spinal health.

Les Mills Pilates Magical choreography, hypnotic music, and the latest exercise science. A 45-minute mind-body workout designed to improve strength, mobility and happiness.Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss.Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

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.

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…

BODYPUMP Express 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 Express gives you a total body workout.

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.

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.

TRX Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

PAID PROGRAM

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.

Paid Program Power Moves $ This Parkinson's wellness recovery program is a specific exercise program that works to improve neuroplasticity and slow the progression of Parkinson's Disease. Focused on large movements, PWR! Moves targets four critical skills the disease attacks: antigravity extension, weight shifting, axial mobility and transitional movements.

Paid Program-Bootcamp $ This paid program focuses on strength, mobility, and endurance. See front desk for details if you are interested in joining.

Good to know: Reservation is forfeited if not present at scheduled start of class.