

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Reuter Family YMCA of WNC

March 2009

828-651-9622

www.ymcawnc.org

	Time	Class	Instructor	Location	
MON.	6:00-7:00 AM	Group Cycling	Ellen A.	Multi-Purpose B	
	8:30-9:20 AM	Integrated Strength	Karyn	Studio A	
	8:30-9:20 AM	★Senior Stretch & Flexibility	Maureen	Multi-Purpose B	
	9:30-10:20 AM	Cardio Kickboxing	Lara N.	Studio A	
	9:30-10:20 AM	Group Cycling	Linda	Multi-Purpose B	
	10:30-11:20 AM	☺ ★Zumba	Natalie	Multi-Purpose B	
	10:30-11:30 AM	★Yoga	Wes	Studio A	
	12:00-12:50 PM	☺ ★Ballet Fit	Karyn	Studio A	
	12:00-1:00 PM	Group Cycling	Vonda	Multi-Purpose B	
	4:00 -4:45 PM	Jr. Pump	Jennifer C.	Kids Zone	
	New Room!!	4:30-5:20 PM	☺ ★NIA	Natalie	Studio A
		5:00-5:50 PM	Group Cycling	Gabriela/Linda	Multi-Purpose B
		5:30-6:20 PM	Simply Step	Dawn/Karyn	Studio A
		6:00-6:50 PM	Group Cycling	Marianne	Multi-Purpose B
		6:30-7:20 PM	☺ ★Zumba	Curtis	Studio A
		7:00-7:30 PM	Core Conditioning	Marianne	Multi-Purpose B
		7:30-8:30 PM	★Tai Chi Workshop (must pre-register)	Bob	Studio A
TUES.	6:00-7:00 AM	Boot Camp	Eric	Lobby	
	8:30-9:20 AM	★On the Ball	Sara M.	Studio A	
	8:30-9:30 AM	Group Cycling	Lauren	Multi-Purpose B	
	9:30-10:20 AM	Pilates	Vonda	Studio A	
	10:30-11:15 AM	☺ ★Chair Yoga	Vonda	Multi-Purpose B	
	10:30-11:20 AM	☺ ★NIA	Maureen/Natalie	Studio A	
	11:30-12:00 PM	Core & Flexibility	Marianne	Studio A	
	12:05-12:50 PM	Group Cycling	Ellen M.	Multi-Purpose B	
	12:00-1:00 PM	Muscle Pump	Marianne	Studio A	
	4:30-5:20 PM	Muscle Pump	Marianne	Studio A	
	5:30-6:30 PM	Muscle Pump	Marianne	Studio A	
	6:30-7:20 PM	☺ ★Cardio Light	Marianne	Studio A	
WED.	6:00-7:00 AM	Group Cycling	Douglas	Multi-Purpose B	
	7:30-8:20 AM	Total Body Training	Diana	Studio A	
	8:30-9:20 AM	Integrated Strength	Karyn	Studio A	
	8:30-9:20 AM	★Senior Stretch & Flexibility	Maureen	Multi-Purpose B	
	9:30-10:20 AM	☺ ★Zumba	Lara	Studio A	
	9:30-10:20 AM	Group Cycling	Lauren	Multi-Purpose B	
	10:30-11:30 AM	☺ ★Gentle Flow Yoga	Natalie	Studio A	
	12:00-12:50 PM	Cardio Kickboxing	Gena	Studio A	
	4:00 – 4:45 PM	Jr. Pump	Jennifer C.	Kids Zone	
	4:30-5:15 PM	☺ ★Fit in 45	Karyn	Studio A	
	4:30-5:15 PM	★Mixed Level Flow Yoga	Jennifer H.	REI Community Rm	
	5:30-6:20 PM	Step it Up	Jennifer H.	Studio A	
	5:00-5:50 PM	Group Cycling	Vonda	Multi-Purpose B	
	6:00-6:50 PM	Group Cycling	Vonda	Multi-Purpose B	
	7:00-7:30 PM	Core Conditioning	Vonda	Multi-Purpose B	
6:30-7:20 PM	☺ ★Cardio Kick and Core	Marianne	Studio A		
7:30-8:20 PM	☺ ★World Dance	Sarah N.	Studio A		

THURS.	Time	Class	Instructor	Location
	6:00-7:00 AM	Boot Camp	Eric	Lobby
	8:30-9:20 AM	Step Interval	Dawn/Lara	Studio A
	8:30-9:30 AM	Group Cycling	Rick	Multi-Purpose B
	9:30-10:20 AM	Pilates	Vonda	Studio A
New Room!!	10:30-11:20 AM	☺ ★NIA	Maureen/Natalie	Studio A
	12:00-1:00 PM	Mixed Level Yoga	Vonda	Studio A
	4:30-5:20 PM	☺ ★Hip Hop Hustle	Karyn	Studio A
	5:30-6:20 PM	Muscle Pump	Gena	Studio A
	6:30-7:20 PM	☺ ★Zumba	Eleanor	Studio A
	5:30-6:20 PM	Pilates	Schon	Multi-Purpose B
	6:30-7:20 PM	★Group Cycling	Gabriela	Multi-Purpose B
	7:30-8:20 PM	Cardio Blast	Marianne	Studio A
FRI.	6:00-7:00 AM	Group Cycling	Ellen A.	Multi-Purpose B
	7:30-8:20 AM	Total Body Training	Diana	Studio A
New Class!!	8:30-9:20 AM	☺ ★BalletFit	Karyn	Studio A
	9:30-10:20 AM	Group Cycling	Marianne	Multi-Purpose B
	9:30-10:20 AM	Step and Sculpt	Sara M.	Studio A
	10:30 – 11:15 AM	Flexibility and Core	Marianne	Multi-Purpose B
	10:45-11:45 AM	Advanced Yoga	Wes	Studio A
	12:00-12:50 PM	Muscle Pump	Marianne	Studio A
	5:30-6:20 PM	☺ ★World Dance	Sarah N.	Studio A
SAT.	7:45-8:45 AM	☺ ★Tai Chi	Paul	Multi-Purpose B
	8:00-8:50 AM	Muscle Pump	Gena	Studio A
	9:00-9:50 AM	Group Cycling	Taft	Multi-Purpose B
	9:00-9:50 AM	☺ ★Zumba	Natalie	Studio A
	10:00-10:50 AM	Step Hi/Lo	Curtis	Studio A
	10-10:50 AM	Group Cycling	Marianne	Multi-Purpose B
	11:00-11:50 AM	Muscle Pump	Marianne	Studio A
	11:00-12:00 PM	★Yoga	Wes	Multi-Purpose B
	12-12:50 PM	Muscle Pump	Marianne	Studio A
SUN.	1:30-2:30 PM	Group Cycling	Linda/Gabriela	Multi-Purpose B
	2:00-2:50 PM	☺ ★Zumba	Lara	Studio A
	3:00-4:15 PM	★Yoga	Wes	Studio A
	4:30 – 5:20 PM	☺ ★Zumba	Eleanor	Studio A

See the Member Services staff for a detailed list of class descriptions.

Due to Fire Code, there is a **limit of 35 participants** for classes held in Studio A.

❖ PLEASE DO NOT enter any group exercise room before an instructor has arrived.

Individual instructors may use different music, music speeds, exercise intensity, teaching styles, and choreography in the classes. Please take this into consideration when selecting classes. We offer a variety of instructors and class formats to appeal to all of our members!

Any class with a ★ next to it, is a class that is appropriate for someone new to Group Exercise or anyone in THE COACH APPROACH® Program

Any class with a ☺ next to it is “Family Friendly.” Family Friendly means ages 7-12 are welcome under direct adult supervision and must be actively participating in the class.

Group Cycling Classes

- ❖ You must be 16 years or older to participate
- ❖ Due to the popularity of group cycling classes a reservation system is in place
 - ❖ Tickets will be distributed 15 minutes prior to the beginning of class at the Member Services desk
 - ❖ Instructors will collect tickets before class
 - ❖ Numbers on tickets DO NOT correlate with numbers on bikes, choose any bike
 - ❖ **You may not get a ticket earlier in the day to use for a class later in the day.**