

May 2011 Group Exercise Classes

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www.ymcawnc.org
 or check out our facebook page
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ASHEVILLE
 30 Woodfin Street
 Asheville, NC 28801
 (828)210-YMCA (9622)
Facility Hours:
 Monday - Thursday 5:30 am-10 pm
 Friday 5:30 am - 9 pm
 Saturday 8 a m - 7 pm
 Sunday 1 pm - 6 pm



Monday			
Time	Class	Location	Instructor
6:30am-7:30am	Group Cycling	Cycle Room	Jen/Mary
6:30am-8:15am	Second Chance*	Gym	Staff
6:45am-7:30am	Early Bird: Rise and Shine!	Studio	Jim
8:30am-9:30am	Low Impact Aerobics(CA)*	Gym	Jill
9:00am-10:00am	Flex & Stretch (AIS)	Multipurpose	Cece
9:00am-10:00am	Cardio Fusion(CA)*Weights,Aero, :	Studio 😊	Carol
9:00am-10:00am	Aqua Ducks- low/med. Int.	Pool	Tara
9:15am-10:15am	Group Cycling	Cycle Room	Jennifer
10:00am-11:00am	Aqua Bodies-med. intensity	Pool	Cece
10:00am-11:00am	YAH-Young at Heart	Studio 😊	Carol
10:00am-11:00am	Zumba 😊	Gym	Samantha
11:00am-12:00pm	Adaptive Flex & Stretch-low ir	Pool	Cece
12:00pm-1:00pm	High Int.Strength Training	Studio	Fyffe
12:00pm-1:00pm	Group Cycling	Cycle Room	Becky
1:30pm-2:45pm	New to Yoga* 😊	Studio	Wes
2:00pm-3:15pm	Relentless Water Aerobics	Pool	Dee
4:00pm-5:00pm	Flow Yoga (1,2)	Studio	Stephanie
5:15pm-6:15pm	Group Cycling	Cycle Room	Denise
5:30pm-6:30pm	Pilates (1)	Multipurpose	Greta
5:30pm-6:30pm	Step & Pump	Studio	Leslie
6:30pm-7:00pm	Core Conditioning*	Multipurpose	Leslie
6:30pm-7:30pm	Turbo Kick	Studio	Ashley
7:00pm-8:15pm	Flow Yoga (1,2)	Multipurpose	Jamie
7:00pm-8:00pm	Advanced - Deep Water	Pool	Shonna

Tuesday			
Time	Class	Location	Instructor
6:15am-7:15am	Group Cycling	Cycle Room	Brenda
6:30am-7:30am	Total Body Training	Studio	Katherine
8:30am-9:45am	Flow Yoga (1, 2)	Studio	Julia
9:00am-10:00am	AquaFIT -deep water	Pool	Cece
10:00am-11:00am	Kickboxing	Studio	Denise
10:00am-11:00am	Aqua Ducks - med.	Pool	Cece
11:00am-12:00pm	Integrative Pilates	Studio	Lara
11:00am-12:00pm	Adaptive Flex & Stretch-low	Pool	Cece
12:00pm-1:00pm	Step and Pump	Studio	Julie
1:30pm-2:30pm	New to Yoga *(CA) 😊	Studio	Jackaline
3:00pm-3:45pm	Kids Yoga-sign up after 8am	Multipurpose 😊	Jane Ann
4:00pm-4:45pm	Kids Yoga-sign up after 8am	Multipurpose 😊	Jane Ann
4:15pm-5:15pm	Muscle Pump	Studio	Dee
5:30pm-6:30pm	CAT -cross training	Multipurpose	Jessica
5:30pm-6:30pm	Zumba 😊	Gym	Ona
5:30pm-6:30pm	Group Cycling	Cycle Room	Becky
5:30pm-6:30pm	Absolutely H2O Boogie	Pool	Tara B.
6:30pm-7:45pm	Flow Yoga (1,2)	Studio	Shonna
7:45pm-9:00pm	Yoga (2) Advanced	Multipurpose	Gayle

Wednesday			
Time	Class	Location	Instructor
6:30am-7:30am	Group Cycling	Cycle Room	Jen/Mary
6:30am-8:15am	Second Chance*	Gym	Staff
6:45am-7:30am	Early Bird: Rise and Shine!	Studio	Jim
7:00am-8:00am	Pilates (CA)*	Multipurpose	Jackaline
8:30am-9:30am	Low Impact Aerobics(CA)*	Gym	Jill
9:00am-10:00am	Cardio Fusion(CA)*Weights,Aer 😊	Studio	Carol
9:00am-10:00am	Flex & Stretch (AIS) 😊	Multipurpose	Cece
9:00am-10:00am	Aqua Ducks- low/med. Int.	Pool	Beth
9:15am-10:15am	Group Cycling	Cycle Room	Judy
10:15am-11:00am	CoreCondition./MusclePump	Cycle Room	Judy
10:00am-11:00am	Zumba*(CA) 😊	Gym	Lynn
10:00am-11:00am	Tai Chi 😊	Multipurpose	Jan
10:00am-11:00	YAH- Young at Heart	Studio	Carol
10:00am-11:00am	Aqua Bodies-med. intensity	Pool	Sandie
11:00am-12:00pm	Adaptive Flex & Stretch-low	Pool	Cece
12:00pm-1:00pm	Group Cycling	Cycle Room	Jennifer
12:00pm-1:00pm	Heavy Weights Strength Train	Studio	Denise
2:00pm-3:15pm	Relentless Water Aerobics	Pool	Dee
3:30pm-4:15pm	Water Stretch	Pool	Shonna C.
4:00pm-5:00pm	Pilates 😊	Multipurpose	Jackaline
5:15pm-6:15pm	Gentle Flow Yoga (CA)* 😊	Multipurpose	Lisa
5:30pm-6:30pm	Mixed Level Step	Studio	Racene
6:30pm-7:00pm	Core Conditioning (CA)*	Studio	Cynthia
7:00pm-9:00pm	Hula-hoop Jam @ the Y! 😊	Studio	volunteer

****Bold Print denotes new classes or class changes!**

Join us in our Studio on Wednesday evenings for a community based Hula Hoop Jam anytime between 7 p.m. and 9 p.m.

Thursday			
Time	Class	Location	Instructor
6:15am-7:15am	Group Cycling	Cycle Room	Brenda
6:30am-7:30am	Total Body Training	Studio	Katherine
6:30am-7:45am	Yoga (1)	Multipurpose	Gayle
8:30am-9:30am	Low Impact Aerobics(CA)*	Gym	Jill
8:30am-10am	Yin Yang Yoga	Multipurpose	Julia
9:00am-10:00am	AquaFIT - med./high	Pool	Cece
10:00am-11:00am	Aqua Ducks -med.	Pool	Cece
11:00am-12:00pm	Adaptive Flex & Stretch-lc	Pool	Cece
10:00am-11:00am	Kickboxing	Studio	Denise
11:00am-12:00pm	Integrative Pilates	Studio	Lara
12:00pm-1:00pm	Feldenkrais/Anat Baniel	Multipurpose	Lara
12:00pm-1:00pm	Mixed Level Step	Studio	Racene
4:15pm-5:15pm	Muscle Pump	Studio	Dee
5:30pm-6:30pm	Zumba*(CA) 😊	Gym	Ona
5:30pm-6:30pm	Turbo Kick	Studio	Brook
5:30pm-6:30pm	Group Cycling	Cycle Room	Larry
5:30pm-6:30pm	Absolutely H2O	Pool	Laura
6:30pm-7:45pm	Yoga (2)	Studio	Shonna
8:00pm-10:00pm	Zumba Jam @ the Y! 😊	Studio	volunteer

Friday			
Time	Class	Location	Instructor
6:30am-7:30am	Group Cycling	Cycle Room	Jen/Mary
6:30am-8:15am	Second Chance*	Gym	Staff
6:45am-7:30am	Early Bird: Rise and Shine!	Studio	Jim
7:30am-8:30am	Yoga 1*	Multipurpose	Jackaline
8:30am-9:30am	Low Impact Aerobics(CA)*	Gym	Jill
8:30am-9:30am	Tai Chi 😊	Multipurpose	Jan
9:00am-10:00am	Stretch with Ball 😊	Studio	Carol
9:00am-10:00am	Aqua Ducks-low/med.inte	Pool	Tara
9:15am-10:15am	Group Cycling with Abs	Cycle Room	Judy
10:15am-11:00am	CoreCondit./MusclePump	Cycle Room	Judy
10:00am-11:00am	Aqua Bodies	Pool	Tara
10:00am-11:00am	YAH- Young at Heart	Studio	Carol
10:00am-11:00am	Zumba*(CA) 😊	Gym	Samantha
11:00am-12:00pm	Adaptive Flex & Stretch-lc	Pool 😊	Dee
12:00pm-1:00pm	High Intensity Strength Tr	Studio	Aileen
12:00pm-1:00pm	Group Cycling	Cycle Room	Kris
1:30pm-2:45pm	Yoga	Studio	Wes
2:00pm-3:15pm	Relentless Water Aerob.	Pool	Dee
4:00pm-5:00pm	Budo Kids-age7-10 😊	Studio	Nesta/Sean
4:30pm-5:30pm	Prenatal Yoga (CA)	Multipurpose	Shonna
5:30pm-6:30pm	Step & Pump 😊	Studio	Marian
6:45pm-8:00pm	Yoga	Studio	Wes

Saturday			
Time	Class	Location	Instructor
8:30am-9:45am	Yoga (all levels) 😊	Multipurpose	Diane
9:00am-10:00am	Multi-Level Step	Studio	Racene/Cynthia
9:00am-10:00am	H2O Boogie-med./high	Pool	Amy
10:00am-11:00am	Zumba*(CA) 😊	Studio	Ona
11:00am-12:15pm	Flow Yoga (1,2)	Studio	Shonna
12:15pm-1:00pm	Water Stretch	Pool	Shonna C.
12:30pm - 2:00pm	Yoga	Studio	Wes

Sunday			
Time	Class	Location	Instructor
1:15pm-2:15pm	Youth Badminton&games	Multipurpose	Roya
2:30pm - 3:45pm	Yoga 😊	Multipurpose	Greta
4:00pm-5:15pm	Yoga 2	Studio	Gayle

****Any class with a 'CA' or a * next to it, is appropriate for anyone new to group exercise classes or Coach Approach participants.**

****For additional information about classes or about THE COACH APPROACH ask a wellness counselor or make an appointment at the front desk.**

Childwatch Hours
 Monday - Thursday 8:30am - 1:30pm & 3:30pm - 8 pm
 Friday 8:30am-1:30pm & 3:30pm-7pm
 Saturday 8:30am-2:30pm Sunday 2pm - 6pm

Hula Hoop Jam
 Wednesday 7 p.m. - 9 p.m.
 Studio
 Will change to Thursday starting in June!

Reminder:
 The Gym and Racquetball Courts will be closed for refinishing from May 20 - May 23.

Thursday
8 p.m. - 10 p.m.
Zumba Jam Sessions
in studio
 (will change to Wednesday starting in June)