

**September 2010 Group Fitness Classes**



**Walking Club**  
**Tuesday @ 9 a.m.**  
**Meet in lobby!**

**ASHEVILLE YMCA**

30 Woodfin Street  
 Asheville, NC 28801  
 (828)210-YMCA

**Facility Hours**

Monday-Thursday 5:30am-10:00pm  
 Friday 5:30am-9:00 pm  
 Saturday 8:00am - 7:00pm  
 Sunday 1:00pm-6:00pm



<b>Monday</b>			
<b>Time</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
6:30am-7:30am	Group Cycling	Cycle Room	Marc
6:30am-8:15am	Second Chance*	Gym	Staff
6:45am-7:30am	Early Bird: Rise and Shine!	Studio	Jim
7:00am-8:00am	Pilates	Multipurpose	Wes
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)*	Studio	Carol
<b>9:00am-10:00am</b>	<b>Aqua Ducks- low/med. intensity</b>	<b>Pool</b>	<b>Cece</b>
9:15am-10:15am	Group Cycling	Cycle Room	Jennifer
<b>10:00am-11:00am</b>	<b>Aqua Bodies-med. intensity</b>	<b>Pool</b>	<b>Cece</b>
10:00am-11:00am	YAH- Young at Heart	Studio	Carol
10:00am-11:00am	Zumba	Gym	Samantha
<b>11:00am-12:00pm</b>	<b>Arthritis Flex &amp; Stretch - low int</b>	<b>Pool</b>	<b>Cece</b>
12:00pm-1:00pm	High Intensity Strength Training	Studio	Denise
12:00pm-1:00pm	Group Cycling	Cycle Room	Becky
1:00pm-1:30pm	Core Conditioning*(CA)	Multipurpose	Fyffe
1:15pm-2:15pm	New to Yoga*	Studio	Wes
<b>2:00pm-3:00pm</b>	<b>Kids at Heart-high int. / deep</b>	<b>Pool</b>	<b>Dee</b>
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	Jackaline
5:30pm-6:30pm	Step & Pump	Studio	Leslie
6:30pm-7:00pm	Core Conditioning*(CA)	Multipurpose	Leslie
6:30pm-7:30pm	Turbo Kick	Studio	Ashley
7:00pm-8:15pm	Flow Yoga (1,2)	Multipurpose	Jamie
<b>7:00p.m.-8:00pm</b>	<b>Advanced Water Fitness</b>	<b>Pool</b>	<b>Shonna</b>

<b>Tuesday</b>			
<b>Time</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
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
<b>9:00am-10:00am</b>	<b>AquaFIT -deep water</b>	<b>Pool</b>	<b>Cece</b>
<b>9:00am-10:00am</b>	<b>Walking Club</b>	<b>Outside</b>	<b>Lynn</b>
10:00am-11:00am	Kickboxing	Studio	Denise
<b>10:00am-11:00am</b>	<b>Aqua Ducks - med.</b>	<b>Pool</b>	<b>Cece</b>
11:00am-12:00pm	Integrative Pilates	Studio	Lara
<b>11:00am-12:00pm</b>	<b>Arthritis Flex &amp; Stretch - low int</b>	<b>Pool</b>	<b>Cece</b>
12:00pm-1:00pm	Step and Pump	Studio	Julie
<b>1:00pm-2:00pm</b>	<b>Aqua Zumba*(CA)</b>	<b>Pool</b>	<b>Sheila</b>
1:30pm-2:30pm	New to Yoga *(CA)	Studio	Jackaline
4:00pm-4:45pm	Kids Yoga	Multipurpose	Jane Ann
4:15pm-5:15pm	Muscle Pump	Studio	Dee
5:30pm-6:15pm	Quigong	Multipurpose	Accern
5:30pm-6:30pm	Total Body Training	Studio	Raecene
5:30pm-6:30pm	Zumba	Gym	Ona
5:30pm-6:30pm	Group Cycling	Cycle Room	Becky
<b>5:30pm-6:30pm</b>	<b>Absolutely H2O Abs</b>	<b>Pool</b>	<b>Amy</b>
6:30pm-7:45pm	Flow Yoga (1,2)	Studio	Shonna
7:45pm-9:00pm	Yoga (2) Advanced	Multipurpose	Gayle

<b>Wednesday</b>			
<b>Time</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
6:30am-7:30am	Group Cycling	Cycle Room	Marc
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	Flex & Stretch (AIS)	Multipurpose	Cece
9:00am-10:00am	Cardio Fusion	Studio	Carol
<b>9:00am-10:00am</b>	<b>Aqua Ducks- low/med. intensity</b>	<b>Pool</b>	<b>Sandy</b>
9:15am-10:30am	Group Cycling with Abs	Cycle Room	Judy
10:00am-11:00am	Zumba*(CA)	Gym	Lynn
10:00am-11:00am	Tai Chi	Multipurpose	Jan
10:00am-11:00am	YAH- Young at Heart	Studio	Carol
<b>10:00am-11:00am</b>	<b>Aqua Bodies-med. intensity</b>	<b>Pool</b>	<b>Sandie</b>
<b>11:00am-12:00pm</b>	<b>Arthritis Flex &amp; Stretch - low int</b>	<b>Pool</b>	<b>Cece</b>
12:00pm-1:00pm	Group Cycling	Cycle Room	Jennifer
12:00pm-1:00pm	Heavy Weights Strength Training	Studio	Fyffe
<b>2:00pm-3:00pm</b>	<b>Kids at Heart-high int. / deep</b>	<b>Pool</b>	<b>Dee</b>
<b>3:30pm-4:15pm</b>	<b>Water Stretch</b>	<b>Pool</b>	<b>Shonna C.</b>
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	Raecene
6:30pm-7:00pm	Core Conditioning*	Studio	Cynthia / Raecene
<b>7:00pm-8:00pm</b>	<b>Advanced - Deep Water</b>	<b>Pool</b>	<b>Tara</b>

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

<b>Thursday</b>			
<b>Time</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
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 (2)	Multipurpose	Julia
<b>9:00am-10:00am</b>	<b>AquaFIT - med./high</b>	<b>Pool</b>	<b>Cece</b>
<b>10:00am-11:00am</b>	<b>Aqua Ducks -med.</b>	<b>Pool</b>	<b>Cece</b>
<b>11:00am-12:00pm</b>	<b>Arthritis Flex &amp; Stretch-low int</b>	<b>Pool</b>	<b>Cece</b>
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	Raecene
4:15pm-5:15pm	Muscle Pump	Studio	Dee
5:30pm-6:30pm	Zumba*(CA)	Gym	Marsha
5:30pm-6:30pm	Turbo Kick	Studio	Brook
5:30pm-6:30pm	Group Cycling	Cycle Room	Larry
<b>5:30pm-6:30pm</b>	<b>Absolutely H2O Abs</b>	<b>Pool</b>	<b>Laura</b>
6:30pm-7:45pm	Yoga (2)	Studio	Shonna


<b>Friday</b>			
<b>Time</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
6:30am-7:30am	Group Cycling	Cycle Room	Marc
6:30am-8:15am	Second Chance*	Gym	Staff
6:45am-7:30am	Early Bird: Rise & 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 the ball	Studio	Carol
<b>9:30am-10:30am</b>	<b>Aqua Bodies</b>	<b>Pool</b>	<b>Jessica K.</b>
9:15am-10:30am	Group Cycling with Abs	Cycle Room	Judy
9:30am-10:30am	Step & Pump	Gym	Fyffe
10:00am-11:00am	YAH- Young at Heart	Studio	Carol
10:30am-11:30am	Zumba*(CA)	Gym	Sheila
<b>11:00am-12:00pm</b>	<b>Arthritis Flex &amp; Stretch-low</b>	<b>Pool</b>	<b>Dee</b>
11:00am-12:00pm	Ballet Fitness	Studio	Claire
12:00pm-1:00pm	Muscle Pump	Studio	Aileen
12:00pm-1:00pm	Group Cycling	Cycle Room	Kris
1:30pm-2:45pm	Yoga	Studio	Wes
<b>2:00pm-3:00pm</b>	<b>Kids at Heart-high int./deep</b>	<b>Pool</b>	<b>Dee</b>
4:30pm-5:30pm	Prenatal Yoga (CA)	Multipurpose	Shonna
5:30pm-6:30pm	Step & Pump	Studio	Leslie
6:45pm-8:00pm	Yoga	Studio	Wes

<b>Saturday</b>			
<b>Time</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
8:30am-9:45am	New to Yoga	Multipurpose	Diane
9:00am-10:00am	Athletic Conditioning	Studio	Raecene
<b>9:00am-10:00am</b>	<b>H2O Boogie-med./high</b>	<b>Pool</b>	<b>Amy</b>
<b>10:00am-11:00am</b>	<b>Zumba</b>	<b>Studio</b>	<b>TBA</b>
10:00am-11:00am	NIA	Multipurpose	Kathy
11:00am-12:00pm	Flow Yoga (1,2)	Studio	Shonna
<b>12:15pm-1:00pm</b>	<b>Water Stretch</b>	<b>Pool</b>	<b>Shonna C.</b>
12:30pm - 2:00pm	Yoga	Studio	Wes

<b>Sunday</b>			
<b>Time</b>	<b>Class</b>	<b>Location</b>	<b>Instructor</b>
2:30pm - 3:45pm	Yoga	Studio	Mado
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.**

 **The "Smiley Face" on the schedule denotes family friendly classes. Children who are ages 8 and over are welcome in these classes with the supervision of a parent or guardian.**

**Childcatch Hours**  
*Monday - Thursday 8:30am - 1:30pm & 3:30pm - 8 pm*  
*Friday 3rd in Month 8:30am-1:30pm & 3:30pm-6:30pm*  
*Friday 1st, 2nd & 4th 8:30am-1:30pm & 3:30pm-7pm*  
*Saturday 8:30am-2:30pm Sunday 2pm - 6pm*