



# May 2011

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

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

## ASHEVILLE Gym Schedule

FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Second Chance</b> 6:30 a.m-8:15 a.m	<b>Open Gym</b> 6am-10am	Second Chance 6:30am-8:15am	<b>Open Gym</b> 6am-8:15am	Second Chance 6:30am-8:15am	
	<b>Low Impact Aerobics</b> 8:30 a.m-0:30 p.m	Boot Camp 6:30am-7:30am South End of	Low Impact Aerobics 8:30-9:30am	Boot Camp 6:30 am-7:30am South End of Gym	Low Impact Aerobics 8:30-9:30am	
<b>Open Gym</b> 1 pm-6pm	<b>Zumba</b> 10:00am-11:00am 😊	<b>Legends</b> 10am-12 pm	<b>Zumba</b> 10:00am-11:00am 😊	Low Impact Aerobics 8:30-9:30am	<b>Zumba</b> 10:00am-11:00 am 😊	<b>Legends</b> 8:00 am-10 am Full Court
	<b>Open Gym</b> 11 - 12	Adult Basketball 12pm-2pm	<b>Open Gym</b> 11am-12pm	<b>Legends</b> 10 am-12 pm		<b>Legends</b> 10:00 am-12 pm Half Court
	Adult Basketball 12 - 2 p.m.	<b>Open Gym</b> 2pm-	Adult Basketball 12pm-2pm	Adult Basketball 12pm-2pm	Adult Basketball 11:00am-2pm	<b>Open Gym</b> 10 am- 12 pm Half Court
	<b>Open Gym</b> 2 pm-5:30 pm	<b>Zumba</b> 5:30-6:30pm in Gym 😊	<b>Open Gym</b> 2pm-7pm	<b>Open Gym</b> 2pm-5:15pm	<b>Open Gym</b> 2pm-9pm	<b>Open Gym</b> 12 pm- 7 pm
	<b>Open Gym</b> 6 pm - 8 pm South End of Court only			<b>Zumba*</b> 5:30-6:30pm in Gym 😊		
	<b>Legends 2</b> 6 pm - 8 pm North end half court			<b>Legends 2</b> 6:30 pm - 8 pm North end half court		
	<b>Open Gym</b> 8 pm - 10 pm	<b>Adult Basketball League</b> 7 pm - 10 pm	<b>Adult Basketball League</b> 7 pm - 10 pm	<b>Adult Basketball League</b> 8 pm - 10 pm		

### FITNESS CLASS DESCRIPTIONS:

**Athletic Conditioning:** Intense cardio, strength, balance, and plyometric drills, along with core work designed to improve performance in athletics as well as everyday activities. Functional fitness at its best. Athletic Conditioning is sure to challenge all who participate.

**Advanced Core Conditioning:** an advanced-level, more intensive, 30 minute class designed to condition & strengthen abdominal and lower back muscles.

**Budo Kids:** Martial Arts based class for ages 7 to 10 years old. This is a non-combative, positive class! Please call after 8 am on Friday for class reservation.

**Core Conditioning:** 30 minute class designed to condition and strengthen abdominal and lower back muscles.

**Core Conditioning using Exercise Ball:** Class designed to condition and strengthen abdominal and lower back muscles that incorporates exercises using the ball.

**Ballet Fitness:** No experience required! Class incorporates challenging ballet-style movements combining cardio, strength and balance while emphasizing posture and core awareness.

**Cardio Fusion:** A cardio workout that can include step, choreographed with varied intensity aerobics, or kickboxing, followed by a post cardio muscle strength segment for a total body workout.

**CAT (Cross Athletic Training):** A cross training class combining core conditioning with aerobic athletic style moves for a total body workout.

**Early Bird Rise & Shine!:** Get your body moving first thing in the morning with this low-impact cardio step routine including a variety of strengthening exercises.

**Early Step:** From week to week, this class will change from a step interval workout to a step and tone workout.

**Feldenkrais/Anat Beniel Method:** A brain fitness class for learning functional movements to improve your skills for everyday physical movements.

**Flex & Stretch (AIS):** Designed for improving flexibility, increasing range of motion of limbs, and improving blood circulation.

**Flow Yoga:** Sequences of postures that flow from one to the next, both standing and floor postures, to create a heat throughout the body for a more rigorous cardio experience.

**Gentle Flow Yoga:** Yoga class for a more gentle approach to yoga. Class will work through a series of gentle postures with a focus on breathing techniques.

**Group Cycling:** A group exercise class done on stationary bikes led by an instructor who guides the class through an imaginary bicycle ride that includes a variety of cycling techniques and skills to provide a high-energy cardio workout.

**Group Cycling with Abs:** A group exercise class done on stationary bikes that includes an emphasis on strengthening abdominal and lower back muscles.

**H2O-Adaptive Water Fitness:** Designed for participants with special water fitness needs. Concentrating on working joint flexibility. No cardio involved.

**Heavy Weights Strength Training:** Class that focuses on strengthening muscles using a variety of exercises with heavy free weights.

**High Intensity Strength Training:** Class that uses heavy weights to strengthen the major muscle groups of the body. Short-lasting, high-intensity power intervals (exercise combinations that use different speeds and weight levels) are used to develop stamina and muscle endurance, providing an anaerobic cardio experience.

**Integrative Pilates-** This style of Pilates integrates various other forms of movements with the basic pilates movements. (includes Feldenkrais, Anat Beniel method, Alexander method classes and styles).

**Kickboxing:** A combination of martial arts moves and sport specific cardiovascular combinations to achieve a full-body workout. This class may include some workout on step, punching bags, and various equipment.

**Kids Yoga:** Yoga is a discipline that can lead kids on the path toward a calm and balanced mind, as well as help them build a strong and flexible body. Class size is limited. Ages 3-6. Sign ups must be done after 8:00a.m. on the morning of the class.

**Low Impact Aerobics:** A low impact cardio workout to increase heart rates with minimal impact on joints. This class may include some step workout, floor, and abdominal work.

**Mixed Level Step:** Whether you are new to step or an experienced stepper, this class is appropriate for all levels of step participation with fun and interesting choreography sure to challenge the mind and body.

**Muscle Pump:** A strength training class that works the whole body using free weights and body bars to develop muscle endurance and strength.

**Nia:** Neuromuscular integrative action - NIA is an eclectic blend of Martial Arts, Dance arts and Healing arts bringing the mind, body, spirit and emotions to optimum health while embracing individual expression through movement awareness practices. All fitness levels and ages are welcome.

**New to Yoga:** A yoga class for the new yoga participant. Introducing basic yoga postures and techniques.

**Pilates:** A mind and 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.

**Pilates 1:** Pilates for participants with three months to one year of experience.

**Pilates 2:** Advanced Pilates workout for participants with one year or more of experience in Pilates classes.

**Prenatal/Postnatal Class:** An easy-to-follow fitness program safe for moms-to-be. This gentle yoga class also includes relaxation, breath, and stretching along with discussions that relate to issues regarding pregnancy, child birth, and post child birth recovery.

**Qui Gong:** Uses breath, posture, movement, and / or sound to cleanse, refine, accumulate, and circulate Qi in the body.

**Second Chance:** A cardiac health maintenance class for anyone wanting a fun, supportive environment in which to exercise. Instructors monitor blood pressure, weight and heart rate while participants do aerobics, ride bikes, etc.

**Step Aerobics:** A class using step equipment to create a cardio workout to strengthen the lower body while working on balance and coordination. Intensity and skill level may vary. Classes may include a portion for abdominal work, and strengthening and stretching for the entire body.

**Step Combo:** 45 minutes of step-cardio followed by abs and stretching.

**Step and Pump:** Choreography based step routines appropriate for all levels of steppers. This class also includes a strength segment for a cardio and strength experience.

**Stretch with the Ball:** With the use of a stability ball, these classes work to improve flexibility, increase range of motion of limbs, and improve blood circulation.

**Tai Chi:** An ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. All methods of Tai Chi focus on breath, mind, and body integration for health.

**Total Body Training:** Weaving cardio interval drills and strength circuit exercises, you have a perfect combination of two key elements of fitness. Cardio portions may use the step, mixed impact aerobics, or kickboxing in a variety of cardio drills, while the strength may include a rotation of your favorite exercises and equipment.

**Turbo Kick:** A high energy kickboxing class concentrating on basic kickboxing moves that will take the cardio level from an aerobic threshold to an anaerobic state.

**Yin & Yang Yoga:** A passive yoga style that focuses on shifting stagnant energy by opening and engaging deep connective tissues of the lower body. Requires stillness of the mind for a deeper connection with the body.

**Youth Fit For Life (YFFL):** 50 minute session focused on the 3 components of nutrition, cardio, and strength for ages 5 - 15 to help children lead healthier lives.

**Youth Coordination:** Hand-eye coordination for youth. This class will offer 4 square, badminton and other related activities. Ages may vary. No Sign up needed.

**Yoga:** Yoga blends flexibility and muscle toning movements with a mental focus on the mind, body and spiritual well-being of the participant. Classes will offer a variety in disciplines and methods of yoga practices. Styles of classes will vary from sun salutations, poses, to a more aerobic flow

**Yoga 1:** Yoga class designed for participants with six months to one year of yoga experience. (A slightly more intense version of the new to yoga class)

**Yoga 2:** Yoga class designed for participants who have at least one year of experience in yoga. This yoga class works with the more difficult poses for yoga.

**Young @ Heart:** Designed for the Active Older Adult. This class offers seated or standing options incorporating low-impact aerobics, balance, directional and ROM / Joint mobility, light strength training and stretching.

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

**Zumba Toning:** same as Zumba, but additional toning is added to workout.