

### NEIGHBORHOOD YMCA AT WOODFIN

**HOURS: MON. - THURS. 5:30 A.M. - 9 P.M.**  
**FRIDAY 5:30 A.M. - 8 P.M.**  
**SATURDAY 8 A.M. - 6 P.M.**  
**SUNDAY 1 P.M. - 6 P.M.**

#### MONDAY

8:00 A.M. - 9:00 A.M.	CARDIO TONE	JASMINE
9:00 A.M. - 10:00 A.M.	BALLET FITNESS	JASMINE
10:00 A.M. - 11:00 A.M.	TODDLER CLASS	SHANTI 😊
11:30 A.M. - 12:30 A.M.	MOMMY & ME	YOGA
12:30 P.M. - 1:30 P.M.	MISSION HOSPITAL PARENTING FORUM	SHANTI 😊
5:30 P.M. - 6:30 P.M.	ZUMBA	TRISH 😊
6:30 P.M. - 7:30 P.M.	CYCLE	KRISTOFER

Toddler class, Mommy & Me, and Parenting forum classes will run in 6 week sessions with a 2 week break. Please register through Mission Hospital - 213-8098 or email: [shantisunshine@gmail.com](mailto:shantisunshine@gmail.com)

#### TUESDAY

6:30 A.M. - 7:45 A.M.	YOGA (new to yoga and group exercise)	DIANE 😊
8:00 A.M. - 9:00 A.M.	LOW- IMPACT AEROBICS	JILL 😊
9:00 A.M. - 10:00 A.M.	CYCLE	KRISTOFER
10:00 A.M. - 11:00 A.M.	ZUMBA	SAMANTHA 😊
11:00 A.M. - 11:45 A.M.	KID'S YOGA	JANE ANN 😊
5:30 P.M. - 6:30 P.M.	CARDIO CORE CRUNCH	EVELYN
6:30 P.M. - 7:30 P.M.	PARTNER YOGA	GREG

#### WEDNESDAY

7:00 A.M. - 8:00 A.M.	CORE WITH THE BALL	DIANE
8:00 A.M. - 9:00 A.M.	CARDIO TONE	JASMINE
9:00 A.M. - 10:00 A.M.	BALLET FITNESS	JASMINE
10:00 A.M. - 11:00 A.M.	PILATES	DIANE
11:00 A.M. - 12:15 P.M.	YOGA	WES
5:00 P.M. - 6:00 P.M.	ZUMBA	JUDI/SUSAN 😊
6:00 P.M. - 7:00 P.M.	CYCLE	KRISTOFER
7:00 P.M. - 8:15 P.M.	YOGA	WES

#### THURSDAY

6:30 A.M. - 7:45 A.M.	YOGA (new to yoga and group exercise)	DIANE 😊
9:00 A.M. - 10:00 A.M.	NIA	JUDI/SUB
10:00 A.M. - 11:00 A.M.	ZUMBA	LYNN 😊
11:00 A.M. - 11:30 A.M.	MUSCLE TONING/ABS	LYNN
5:30 P.M. - 6:30 P.M.	PILATES	GRETA
6:30 P.M. - 7:30 P.M.	TAI CHI	DAVID
7:30 P.M. - 8:45 P.M.	POWER YOGA	DIANE

#### FRIDAY

6:30 A.M. - 7:30 A.M.	EARLY STEP	KATHERINE
7:00 A.M. - 8:00 A.M.	CYCLE	JOHN
9:00 A.M. - 10:00 A.M.	AIS-ACTIVE ISOLATED STRETCH	CECE
5:30 P.M. - 6:30 P.M.	ZUMBA	SHEILA

#### SATURDAY

9:00 A.M. - 10:00 A.M.	PILATES	GRETA
10:00 A.M. - 11:00 A.M.	YOGA (new to yoga and group exercise)	GRETA
11:00 A.M. - 12:00 P.M.	ZUMBA	TRISH / SUSAN 😊

#### SUNDAY

3:30 P.M. - 4:30 P.M.	ALL LEVEL YOGA	DIANE 😊
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**ALL CLASSES SUBJECT TO CHANGE / CANCELLATION.**



**NEIGHBORHOOD YMCA AT WOODFIN**  
**40 N. MERRIMON AVE. SUITE 101**  
**ASHEVILLE, NC. 28804**  
**505-3990**  
**CLASS DESCRIPTIONS**

- AIS- ACTIVE ISOLATED STRETCHING-** Stretching class designed to increase flexibility for full stretch range capability. (In depth one hour stretch)
- BALLET FITNESS -** Strength and flexibility workout using ballet inspired movement and techniques.
- CARDIO CORE CRUNCH-** A one hour overall workout that will give you the 3 “C’s” that everyone wants and needs- cardio, core strengthening, and crunches. Increase or modify according to your needs. All levels welcome!
- CARDIO TONE –** A low impact cardio workout including core strengthening, balance moves and stretching.
- CORE WITH THE BALL -** Class designed to incorporate the ball into exercises that will strengthen
- CYCLE CLASS-** All levels of experience riders are led on a ride through imagery, with motivational segments designed to make a great cardio workout.
- EARLY STEP -** Class changes from week to week from step interval to a step and tone workout that will include weights.
- 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 up must be done at 8:00 a.m. on the morning of the class.
- MUSCLE TONING-** Class designed for strengthening muscles using weights, and various other equipment, to tone the whole body including core exercises.
- NEW TO GROUP EXERCISE YOGA-** A starter class for the novice yoga student.
- NIA-** An eclectic blend of three movement arts: Dance, Healing Arts, and Martial Arts. NIA touches the heart!
- PARTNER YOGA -** Designed to work in groups of two, to increase flexibility.
- PILATES-** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates.
- POWER YOGA -** An upbeat, active yoga class designed to get your blood pumping!
- TAI CHI -** Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. These physical exercises designed especially for self-defense and meditation.
- YOGA –** A series of postures and breathing exercises practiced to achieve control of the body and mind, tranquility. This includes a variety of methods or disciplines styles that incorporates strengthening and stretching the body and mind.
- ZUMBA-** A fusion of Latin-American dances moves and low-impact movements, set to Latin inspired music. A party atmosphere of fun!

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.



**Now Open on Sunday from 1 p.m. – 6 p.m.!**