



Asheville YMCA | June 9th - June 15th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------------------------------------|--------|---------|-----------|----------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Racquetball Tall Door Court Sign Up | | | | | | 7:30AM-8:20AM (General) Staff 8:30AM-9:20AM (General) Staff 9:30AM-10:20AM (General) Staff 10:30AM-11:20AM (General) Staff 11:30AM-12:20PM (General) Staff 12:30PM-1:20PM (General) Staff 1:30PM-2:20PM (General) Staff 2:30PM-3:20PM (General) Staff 3:30PM-4:20PM (General) Staff 4:30PM-5:20PM (General) Staff 5:30PM-6:20PM (General) Staff | 11:30AM-12:20PM (General) Staff 12:30PM-1:20PM (General) Staff 1:30PM-2:20PM (General) Staff 2:30PM-3:20PM (General) Staff 3:30PM-4:20PM (General) Staff |

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|-------------------------------------------------------------------|--------|---------|-----------|----------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Racquetball Short Door Court Sign Up | | | | | | 8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i> | 11:10AM-12:00PM (General) <i>Staff</i> 12:10PM-1:00PM (General) <i>Staff</i> 1:10PM-2:00PM (General) <i>Staff</i> 2:10PM-3:00PM (General) <i>Staff</i> 3:10PM-4:00PM (General) <i>Staff</i> |
| BODYBALANCE Studio Sign Up | | | | | | 8:15AM-9:15AM (Mind Body) <i>Karen J.</i> | |
| Cycle Cycle Studio Sign Up | | | | | | 9:00AM-9:45AM (Cardio) <i>Aileen S.</i> | |
| Legends Basketball (35+) Gym | | | | | | 9:30AM-1:00PM (General) <i>Staff</i> | |
| BODYPUMP Studio Sign Up | | | | | | 9:30AM-10:30AM (Combination) <i>Karen J.</i> | |
| Hip Hop Fitness Studio Sign Up | | | | | | 10:45AM-11:45AM (Dance) <i>Eleanor W.</i> | |

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| Yogalates Studio Sign Up | | | | | | 12:00PM-1:00PM (Mind Body) <i>Raven B.</i> | |
| Barre Studio Sign Up | | | | | | | 12:30PM-1:30PM (Dance) <i>Raven B.</i> |
| Vinyasa Yoga Multi-Purpose Room Sign Up | | | | | | | 1:00PM-2:00PM (Mind Body) <i>Hannah G.</i> |
| Pilates Studio Sign Up | | | | | | | 2:30PM-3:30PM (Pilates) <i>Shonna C.</i> |
| Gentle Yoga Studio Sign Up | | | | | | | 3:45PM-4:45PM (Mind Body) <i>Shonna C.</i> |



Reuter Family YMCA | June 9th - June 15th

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|------------------------------------------------------------------------------------|--------|---------|-----------|----------|--------|---------------------------------------------------------------|------------------------------------------------------|
| Athletic Conditioning Functional Fitness Room Sign Up | | | | | | 8:00AM-9:00AM (High Intensity Interval) <i>Emily S.</i> | |
| Hip Hop Fitness Studio A Sign Up | | | | | | 9:00AM-10:00AM (Dance) <i>Shellie W.</i> | 1:00PM-1:50PM (General) <i>Illysa H.</i> |
| Cycle Cycle Studio Sign Up | | | | | | 9:00AM-9:45AM (General) <i>Lauren K.</i> | |
| Power Yoga Mind Body Studio Sign Up | | | | | | 9:30AM-10:30AM (Mind Body) <i>Bill A.</i> | |
| Yoga in the Park Lobby | | | | | | 10:00AM-11:00AM (Mind Body) <i>Tom H.</i> | |
| Zumba Studio A Sign Up | | | | | | 10:30AM-11:20AM (Dance) <i>Curtis P.</i> | |
| Thai Boxing Fitness Mind Body Studio Sign Up | | | | | | 11:00AM-12:00PM (General) <i>Alejandro S.</i> | |
| Somatic Relief Mind Body Studio Sign Up | | | | | | | 11:30AM-12:20PM (Mind Body) <i>Meredith R.</i> |
| Tai Chi for Joint Health Mind Body Studio Sign Up | | | | | | | 1:00PM-2:00PM (Mind Body) <i>Alejandro S.</i> |
| BODYPUMP Studio A Sign Up | | | | | | | 2:00PM-3:00PM (General) <i>Illysa H.</i> |
| Restorative Yoga Mind Body Studio Sign Up | | | | | | | 2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i> |



Woodfin YMCA | June 9th - June 15th

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| Cycle Studio B Sign Up | | | | | | 8:10AM-9:10AM (Cardio) <i>Copland R.</i> | 10:30AM-11:15AM (Cardio) <i>Kate C.</i> |
| BODYBALANCE Studio A Sign Up | | | | | | 8:45AM-9:45AM (Mind Body) <i>Kate C.</i> | 12:15PM-1:15PM (Combination) <i>Karen J.</i> |
| BODYPUMP Studio B Sign Up | | | | | | 9:30AM-10:30AM (Strength) <i>Shelley N.</i> | |
| The Groove Studio A Sign Up | | | | | | 10:00AM-10:45AM (Dance) <i>Judy O.</i> | |
| Strength Fusion Studio B Sign Up | | | | | | 10:45AM-11:45AM (Strength) <i>Conny A.</i> | 11:30AM-12:15PM (Strength) <i>Conny A.</i> |
| Vinyasa Yoga Studio A Sign Up | | | | | | 11:00AM-12:00PM (Mind Body) <i>Gillian H.</i> | 11:00AM-12:00PM (Mind Body) <i>Elspeth G.</i> |
| Zumba Studio B Sign Up | | | | | | 12:00PM-12:45PM (Dance) <i>Lena S.</i> | |
| Tai Chi Studio A Sign Up | | | | | | 2:00PM-3:00PM (Mind Body) <i>Alejandro S.</i> | |
| BODYPUMP Express Studio B Sign Up | | | | | | | 9:30AM-10:15AM (Strength) <i>Kate C.</i> |
| Gentle Yoga Studio A Sign Up | | | | | | | 9:45AM-10:45AM (Mind Body) <i>Shonna C.</i> |



Ferguson Family YMCA | June 9th - June 15th

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| Cycle Cycle Studio Sign Up | | | | | | 8:15AM-9:15AM (Cardio) <i>Suzanne I.</i> | |
| Westridge CrossFit Outside Sign Up | | | | | | 9:00AM-10:00AM (Combination) <i>Elizabeth H.</i> | |
| BODYPUMP Fitness Studio Sign Up | | | | | | 9:15AM-10:00AM (Strength) <i>Katie K.</i> | |
| Hip Hop Fitness Fitness Studio Sign Up | | | | | | 10:15AM-11:05AM (Dance) <i>Deana C.</i> | |
| Slow Flow Yoga Multi-Purpose Room Sign Up | | | | | | | 10:15AM-11:15AM (Mind Body) <i>Tom H.</i> |
| Strength Fusion Fitness Studio Sign Up | | | | | | | 10:15AM-11:00AM (Combination) <i>Shelley N.</i> |
| Westridge CrossFit Westridge CrossFit Sign Up | | | | | | | 10:30PM-11:30PM (Combination) <i>Mandy M.</i> |



Hendersonville Family YMCA | June 9th - June 15th

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|--------------------------------------------------------------------------|--------|---------|-----------|----------|--------|-----------------------------------------------------|----------------------------------------------------|
| CANCELED: BODYCOMBAT Fitness Studio Sign Up | | | | | | 8:30AM-9:15AM (Cardio) <i>Ashley B.</i> | |
| Cycle Cycle Studio Sign Up | | | | | | 8:30AM-9:15AM (Cardio) <i>Christina H.</i> | |
| Athletic Conditioning Gym/Outside Sign Up | | | | | | 9:00AM-9:55AM (Combination) <i>Mary A.</i> | |
| Zumba Fitness Studio Sign Up | | | | | | 9:30AM-10:20AM (Dance) <i>Therese L.</i> | |
| Vinyasa Yoga Fitness Studio Sign Up | | | | | | 10:30AM-11:30AM (Mind Body) <i>Lindsay F.</i> | |
| Yoga Sculpt Fitness Studio Sign Up | | | | | | | 12:00PM-12:45PM (Combination) <i>Bill A.</i> |
| Hydro Burn Pool Sign Up | | | | | | | 1:10PM-2:00PM (Aquatics) <i>Roxanna P.</i> |
| Power Yoga Fitness Studio Sign Up | | | | | | | 1:30PM-2:30PM (Mind Body) <i>Bill A.</i> |
| Slow Flow Yoga Fitness Studio Sign Up | | | | | | | 3:00PM-4:00PM (Mind Body) <i>Meredith G.</i> |



Corpening Memorial YMCA | June 9th - June 15th

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|------------------------------------------------------------|--------|---------|-----------|----------|--------|---------------------------------------------------|---------------------------------------------------|
| Cycle Cycle Studio Sign Up | | | | | | 9:00AM-9:45AM (Cardio) <i>Joyce B.</i> | |
| Cardio Dance Studio B Sign Up | | | | | | 10:00AM-10:45AM (Dance) <i>Alexandra J.</i> | |
| Pilates Studio A Sign Up | | | | | | | 2:00PM-3:00PM (Mind Body) <i>Gergana A.</i> |



Black Mountain YMCA | June 9th - June 15th

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|-------------------------------------------------------------------------------|--------|---------|-----------|----------|--------|----------------------------------------------------|--------------------------------------------------|
| CANCELED: Strength Fusion Fitness Studio Sign Up | | | | | | 9:45AM-10:45AM (Strength) <i>Julie H.</i> | |
| Vinyasa Yoga Fitness Studio Sign Up | | | | | | 11:00AM-12:00PM (Mind Body) <i>Ashley J.</i> | 2:00PM-3:00PM (Mind Body) <i>Martha N.</i> |