



Asheville YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball</b> Tall Door Court <a href="#">Sign Up</a>						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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball</b> Short Door Court <a href="#">Sign Up</a>						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>
<b>BODYBALANCE</b> Multi-Purpose Room <a href="#">Sign Up</a>						8:15AM-9:15AM (Mind Body) <i>Karen J.</i>	
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>						9:00AM-9:45AM (Cardio) <i>Aileen S.</i>	
<b>Legends Basketball (35+)</b> Gym						9:30AM-1:00PM (General) <i>Staff</i>	
<b>BODYPUMP</b> Studio <a href="#">Sign Up</a>						9:30AM-10:30AM (Combination) <i>Karen J.</i>	
<b>Hip Hop Fitness</b> Studio <a href="#">Sign Up</a>						10:45AM-11:45AM (Dance) <i>Eleanor W.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yogalates</b> Studio <a href="#">Sign Up</a>						12:00PM-1:00PM (Mind Body) <i>Carrie J.</i>	
<b>Barre</b> Studio <a href="#">Sign Up</a>							12:30PM-1:30PM (Dance) <i>Kayla A.</i>
<b>Vinyasa Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>							1:00PM-2:00PM (Mind Body) <i>Jen W.</i>
<b>Pilates</b> Studio <a href="#">Sign Up</a>							2:30PM-3:30PM (Pilates) <i>Shonna C.</i>
<b>Gentle Yoga</b> Studio <a href="#">Sign Up</a>							3:45PM-4:45PM (Mind Body) <i>Shonna C.</i>



## Reuter Family YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Athletic Conditioning</b> Functional Fitness Room <a href="#">Sign Up</a>						8:00AM-9:00AM (High Intensity Interval) <i>Carolina P.</i>	
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>						9:00AM-9:45AM (General) <i>Jay G.</i>	
<b>Hip Hop Fitness</b> Studio A <a href="#">Sign Up</a>						9:00AM-10:00AM (Dance) <i>Shellie W.</i>	1:00PM-1:50PM (General) <i>Illysa H.</i>
<b>CANCELED: Power Yoga</b> Mind Body Studio <a href="#">Sign Up</a>						9:30AM-10:30AM (Mind Body) <i>lotus A.</i>	
<b>Yoga in the Park</b> Lobby						10:00AM-11:00AM (Mind Body) <i>Erin G.</i>	
<b>Zumba</b> Studio A <a href="#">Sign Up</a>						10:30AM-11:20AM (Dance) <i>Rico S.</i>	
<b>Thai Boxing Fitness</b> Mind Body Studio <a href="#">Sign Up</a>						11:00AM-12:00PM (General) <i>Jon W.</i>	
<b>Tai Chi for Joint Health</b> Mind Body Studio <a href="#">Sign Up</a>							1:00PM-2:00PM (Mind Body) <i>Jon W.</i>
<b>BODYPUMP</b> Studio A <a href="#">Sign Up</a>							2:00PM-3:00PM (General) <i>Illysa H.</i>
<b>Restorative Yoga</b> Mind Body Studio <a href="#">Sign Up</a>							2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i>



## Woodfin YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Studio B <a href="#">Sign Up</a>						8:10AM-9:10AM (Cardio) <i>Copland R.</i>	10:30AM-11:15AM (Cardio) <i>Kate C.</i>
<b>BODYBALANCE</b> Studio A <a href="#">Sign Up</a>						8:45AM-9:45AM (Mind Body) <i>Kate C.</i>	12:15PM-1:15PM (Combination) <i>Karen J.</i>
<b>BODYPUMP</b> Studio B <a href="#">Sign Up</a>						9:30AM-10:30AM (Strength) <i>Shelley N.</i>  10:45AM-11:45AM (Strength) <i>Cameron W.</i>	
<b>The Groove</b> Studio A <a href="#">Sign Up</a>						10:00AM-10:45AM (Dance) <i>Nancy H.</i>	
<b>Vinyasa Yoga</b> Studio A <a href="#">Sign Up</a>						11:00AM-12:00PM (Mind Body) <i>Gillian H.</i>	11:00AM-12:00PM (Mind Body) <i>Elspeth G.</i>
<b>Zumba</b> Studio B <a href="#">Sign Up</a>						12:00PM-12:45PM (Dance) <i>Lena S.</i>	
<b>CANCELED: Yin Yoga</b> Studio A <a href="#">Sign Up</a>						12:15PM-1:30PM (Mind Body) <i>lotus A.</i>	
<b>Tai Chi</b> Studio A <a href="#">Sign Up</a>						2:00PM-3:00PM (Mind Body) <i>Jon W.</i>	
<b>BODYPUMP Express</b> Studio B <a href="#">Sign Up</a>							9:30AM-10:15AM (Strength) <i>Kate C.</i>
<b>Gentle Yoga</b> Studio A <a href="#">Sign Up</a>							9:45AM-10:45AM (Mind Body) <i>Raven B.</i>
<b>Strength Fusion</b> Studio B <a href="#">Sign Up</a>							11:30AM-12:15PM (Strength) <i>Conny A.</i>



## Ferguson Family YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>						8:15AM-9:15AM (Cardio) <i>Suzanne I.</i>	
<b>Creative Movement (ages 3-4)</b> Multi-Purpose Room						9:00AM-9:30AM (Kids) <i>Alexa W.</i>	
<b>Westridge CrossFit</b> Outside <a href="#">Sign Up</a>						9:00AM-10:00AM (Combination) <i>Elizabeth H.</i>	
<b>BODYPUMP</b> Fitness Studio <a href="#">Sign Up</a>						9:15AM-10:00AM (Strength) <i>Katie K.</i>	
<b>Youth Ballet (ages 5-7)</b> Multi-Purpose Room						10:00AM-10:45AM (Kids) <i>Alexa W.</i>	
<b>Hip Hop Fitness</b> Fitness Studio <a href="#">Sign Up</a>						10:15AM-11:05AM (Dance) <i>Tracy D.</i>	
<b>Bouncing Books</b> Multi-Purpose Room <a href="#">Sign Up</a>						11:00AM-12:00PM (Kids) <i>Staff</i>	
<b>Slow Flow Yoga</b> Multi-Purpose Room <a href="#">Sign Up</a>							10:15AM-11:15AM (Mind Body) <i>Tom H.</i>
<b>Strength Fusion</b> Fitness Studio <a href="#">Sign Up</a>							10:15AM-11:00AM (Combination) <i>Shelley N.</i>
<b>Meditation</b> Multi-Purpose Room <a href="#">Sign Up</a>							11:30AM-12:00PM (Mind Body) <i>Tom H.</i>



## Hendersonville Family YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>						8:30AM-9:15AM (Cardio) <i>Claire N.</i>	
<b>BODYCOMBAT</b> Fitness Studio <a href="#">Sign Up</a>						8:30AM-9:15AM (Cardio) <i>Ashley B.</i>	
<b>Athletic Conditioning</b> Gym/Outside <a href="#">Sign Up</a>						9:00AM-9:55AM (Combination) <i>Leo G.</i>	
<b>Zumba</b> Fitness Studio <a href="#">Sign Up</a>						9:30AM-10:20AM (Dance) <i>Therese L.</i>	
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>						10:30AM-11:30AM (Mind Body) <i>Lindsay F.</i>	
<b>Yoga Sculpt</b> Fitness Studio <a href="#">Sign Up</a>							12:00PM-12:45PM (Combination) <i>Bill A.</i>
<b>Hydro Burn</b> Pool <a href="#">Sign Up</a>							1:10PM-2:00PM (Aquatics) <i>Roxanna P.</i>
<b>Power Yoga</b> Fitness Studio <a href="#">Sign Up</a>							1:30PM-2:30PM (Mind Body) <i>Bill A.</i>
<b>Slow Flow Yoga</b> Fitness Studio <a href="#">Sign Up</a>							3:00PM-4:00PM (Mind Body) <i>Meredith G.</i>



# Corpening Memorial YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>						9:00AM-9:45AM (Cardio) <i>Joyce B.</i>	
<b>Pilates</b> Studio A <a href="#">Sign Up</a>							2:00PM-3:00PM (Mind Body) <i>Gergana A.</i>





Black Mountain YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength Fusion</b> Fitness Studio <a href="#">Sign Up</a>						9:45AM-10:45AM (Strength) <i>Julie H.</i>	
<b>Power Yoga</b> Fitness Studio <a href="#">Sign Up</a>						11:00AM-12:00PM (Mind Body) <i>Ed C.</i>	
<b>Vinyasa Yoga</b> Fitness Studio <a href="#">Sign Up</a>							2:00PM-3:00PM (Mind Body) <i>Ashley J.</i>