

MIND / BODY / FLEXIBILITY

Flex and Stretch A combination of gentle toning and stretching exercises, concentrating on core muscles and improving flexibility. This class is great for participants with joint and mobility limitations.

Pilates This conditioning program incorporates core training, stretching, and proper breathing techniques for a full body workout. *Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

Gentle Yoga/Therapeutic Yoga A class with a more gentle approach to yoga. Class will work through a series of gentle postures with a focus on breathing techniques.

Yin Yoga Is a slower paced class with long held poses.

Restorative Yoga Blends flexibility and muscle toning movements with a mental focus on the mind, body, and spiritual well-being of the participant. This class is great for participants with joint and mobility limitations.

Vinyasa Yoga In this class you will synchronize breath with movement. Students focus on linking conscious breath with a mindful flow, awakening their strength, energy, and flexibility.

Ashtanga Vinyasa Yoga Like Vinyasa Yoga, each movement is synchronized with breath. Expect this class to include traditional poses and sequences.

Power Yoga An active yoga style that moves more quickly through yoga poses building heat, strength, and flexibility. Poses are linked together with vinyasa. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

Tai Chi Tai Chi is an ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. Focus on breath, mind, and body integration for health.

FOR THE KIDS

Family Yoga Practice traditional yoga poses, relaxation, and breathing techniques. Learn to move with focused energy by connecting the mind to body in a fun environment with your family.

COMBINATION (CARDIO + STRENGTH)

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.

AC Express 30 minute version of Athletic Conditioning.

Low Impact Fitness Geared towards active older adults this low impact class can be performed seated or standing. Includes cardio, strength and flexibility.

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

Balanced Boxing Low-impact boxing to help improve cognitive function, coordination, and strength.

Step & Pump Choreography-based step routines appropriate for all levels of steppers. This class also includes a **strength segment**.

Booty Barre Is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element.

CARDIO

Group Cycle Group exercise class on stationary bikes that includes a variety of cycling techniques and skills for a high energy cardio workout.

Step & Pump This highly choreographed class will have you on your toes and jumping around. This is a step-based class appropriate for all levels of steppers. This is an effective high-intensity cardio workout with plyometric moves and an emphasis on core and lower body strength.

Tabata High intensity interval training alternating cycles of 20 seconds of maximum effort with 10 seconds of rest

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

Cardio Fusion A cardio workout that can include interval drills, varied intensity aerobics, and some strength segments for a total body workout.

DANCE

Hip Hop Fitness A dance-based cardio and toning program that blends various hip hop and dancehall moves to strengthen the core and lower body. Dip, shake, and pump your body to the hottest hits while getting fit and having fun!

Zumba® Latin-inspired dance class incorporating international and pop music for a dynamic, exciting, and effective workout.

Soul Sweat™ an exhilarating dance fitness class, offering a joyful variety of music and dance styles. With attainable choreography and heart expanding moves, this class is an invitation to have fun while digging deeper into body, wholeness and spirit.

WATER

Aqua Tabata (shallow/middle/deep) Uses water resistance with several basic aqua moves done for a short period of time at a high intensity and a short rest in between.

Aqua ZUMBA® (shallow/middle) This class is the "pool party" workout for all ages. A class that is safe, effective, and challenging water-based workout.

Cardio Splash A deep/shallow combination class that will jump-start your cardiovascular workout. This class also includes core strengthening exercises and stretching for maximum flexibility and range of motion.

Hydro Burn (deep) Sixty-minute high intensity water workout. A total body workout that will test your limits and get your heart pumping and your muscles moving without impact on your joints.

Fluid Movement Suitable for every fitness level. This class offers walking and range of motion exercises to increase mobility, flexibility, balance and endurance. Great for participants with joint and mobility limitations. Definitely a valuable add on to your Wellness Center workouts.

STRENGTH

Total Body Training Strength training class that works the whole body using dumbbells to develop muscular strength and endurance.

Strength Fusion Sculpt your body in this class with an emphasis on strength, and balance while using a variety of equipment.

TRX® Born in the Navy SEALs, suspension training body-weight exercise develops strength, balance, flexibility, and core stability simultaneously.



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHEVILLE YMCA

2019 | March

AT YOUR Y...

Class Additions:

Mondays and Thursdays **Fluid Movement** 11a in the Pool

Mondays **Soul Sweat** 5:30p in ST

Wednesdays **Zumba** 5:30p in MP

Thursday Kids Yoga is now **Family Yoga** 3:30p in MP

Fee Based Programs:

Is your head on straight Tuesdays and Thursday 2:00p-3:00p in MP

Weightlifting 101: Wednesdays 5:45p-6:45p in Half Court, GYM

FACILITY HOURS**

Mon–Thurs 5:00am - 10:00pm
Fri 5:00am—9:00pm
Sat 7:00am - 7:00pm
Sun 1:00pm - 6:00pm

YOUTH DEVELOPMENT HOURS

Mon–Thurs 8:00am - 1:30pm
3:30pm - 8:00pm
Fri 8:00am - 1:30pm
3:30pm - 7:00pm
Sat 7:45 am - 1:30pm
Sun 2:00pm-6:00pm

YOUTH LOUNGE HOURS

Mon–Thurs 4:00pm-8:00pm
Sat 8:00am-1:30pm

ASHEVILLE YMCA

30 Woodfin Street

Asheville, NC 28801

828 210 9622 • ymcawnc.org

ASHEVILLE GROUP EXERCISE SCHEDULE

2019 | MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a-6:45a ✓ Group Cycle-CS Tara-mod/hi	5:30a-6:00a Tabata -ST Heather-hi	6:00a-7:00a ✓ Cycle & Core-CS Shonna-mod/hi	5:30a-6:15a Tabata & Core-ST Seth-hi	6:00a-7:00a ✓ Cycle & Core CS Shonna-mod/hi	8:00a-8:45a Athletic Condition- ing-ST Sarah-mod/hi	1:15p-2:30p • Gentle Yoga-ST Cynthia L-low
6:45a-7:30a • Early Bird- ST Dee W.- low/mod	6:30a-7:15a Strength Fusion-ST Sarah-mod/hi	6:45a-7:30a • Early Bird- ST Dee W.- low/mod	6:30a-7:15a Strength Fusion-ST Seth-mod/hi	6:45a-7:30a • Early Bird- ST Dee W.- low/mod	8:30a-9:45a • Gentle Yoga-MP Axel-low	2:00p-2:45p ✓ TRX-MP Delia-mod/hi
7:30a-8:30a Power Yoga-MP Jackaline-mod	8:30a-9:15a Athletic Condition- ing-ST Seth-hi	7:30a-8:30a • Vinyasa Yoga -MP Jackaline-low/mod	8:30a-9:15a Athletic Condition- ing-ST Seth-hi	7:30a-8:30a Power Yoga-MP Jackaline-mod	9:00a-10:00a Cardio Fusion-ST Sarah-mod/hi	3:00p-4:00p • ∞ Hip Hop Fitness-ST Eleanor mod/ hi
8:30a-9:15a Athletic Conditioning - ST Cherie-hi	8:30a-9:45a • Gentle Yoga-MP Eric-low/mod	8:30a-9:15a Athletic Condition- ing-ST Cherie-hi	8:30a-9:30a • Low Impact Fitness- GYM Jill-low/mod	8:30a-9:15a Athletic Condition- ing-ST Jesse-hi	9:00a-9:45a • Aqua Tabata-P Delia-mod/hi	3:00p-4:00p ✓ Group Cycle-CS Tori-mod/hi
8:30a-9:30a • Low Impact Fitness- GYM Jill-low/mod	9:00a-10:00a ✓ Hydro Burn-P Cece- hi	8:30a-9:30a • Low Impact Fitness- GYM Jill-low/mod	8:30a-9:45a • Yin Yoga- MP Jackaline-low	8:30a-9:30a • Low Impact Fitness -GYM Jill-low/mod	9:30a-10:15a ✓ Group Cycle-CS Aileen- mod/hi	5:00p-6:00p • Vinyasa Yoga -ST Ellie-low/mod
9:00a-10:00a ✓ Aqua Tabata-P Joanna-mod/hi	9:30a-10:30a • ∞ SoulSweat™-ST Misa-mod/hi	9:00a-10:00a ✓ Aqua Tabata-P Joanna mod/ hi	9:00a-10:00a ✓ Hydro Burn-P Cece- hi	9:00a-10:00a ✓ Aqua Tabata-P Dee A-mod/hi	10:00a-10:45a ✓ TRX-MP Delia-mod/hi	
9:15a-10:15a ✓ Group Cycle-CS Aileen-hi	10:00a-11:00a • ✓ Cardio Splash-P Cece-Mod	9:00a-10:00a • Flex & Stretch-MP Cynthia L- low	9:30a-10:20a Booty Barre™ -ST Eva-mod/hi	9:00a-10:00a • Flex & Stretch-MP Shonna-low	10:15a-11:15a • ∞ Hip Hop Fitness-ST Julie-mod/hi	
9:00a-10:00a • Flex & Stretch-MP Nikolina- low	11:00a-12:15p • Therapeutic Yoga- MP Jackaline-low/mod	9:30a-10:20a Booty Barre™ -ST Eva-mod/hi	10:00a-11:00a • ✓ Cardio Splash-P Cece-Mod	9:15a-10:15a ✓ Group Cycle-CS Steve-mod/hi	11:00a-12:00p Power Yoga-MP Shonna-mod	
9:30a-10:20a Booty Barre™-ST Eva-mod/hi	12:30p-1:20p Step & Pump-ST Cheryl-mod/hi	9:15a-10:15a ✓ Group Cycle-CS Aaron-hi	11:00a-12:00p • Pilates-ST Vinita-low/mod	9:30a-10:30a • Tai Chi-ST Nick-low	12:00p-1:15p • Vinyasa Yoga-ST Tanya-low/mod	
10:00a-11:00 a • ✓ Cardio Splash-P Joanna-mod	2:00p-3:00p • Gentle Yoga-ST Vinita-low	10:00a-11:00a • ∞ Zumba@-GYM Lynn-mod	11:00a-12:00p • Fluid Movement-P Cece- low	10:00a-11:00a • ✓ Cardio Splash-P Dee A-mod		
10:00a-11:00a • ∞ Zumba@-GYM Kim-mod	4:30p-5:20p Booty Barre™ -ST Eva-mod/hi	10:00a-11:00a • ✓ Cardio Splash-P Dee-mod	12:00p-12:45p ✓ TRX-MP Eva-mod/hi	10:00a-11:00a • ∞ Zumba@-GYM Ashleigh-mod		
10:15a-11:15a • Tai Chi-MP Roberto-low	5:00p-5:45p ✓ TRX-MP Aaron-mod/hi	10:00a-11:00a • Tai Chi-MP Roberto-low	12:30p-1:20p Step & Pump-ST Cheryl-mod/hi	11:00a-11:50a Total Body Training -ST Eva- mod/ hi		
11:00a-12:00p • Fluid Movement-P Johana-low	5:30p-6:30p • ∞ Zumba@-ST Delia-low/mod	11:00-11:45a ✓ TRX-MP Paul-mod/hi	2:00p-3:00p • Gentle Yoga-ST Laura-low	11:00a-11:45a ✓ TRX-MP Julie-mod/hi		
11:00a-11:50a Total Body Training- ST Eva-mod/hi	5:30p-6:30p ✓ Group Cycle-CS Tori-mod/hi	11:30a-12:15p Strength Fusion-ST Cynthia C-mod/hi	3:30p-4:15p ∞ Family Yoga- MP Shonna- low	12:00p-12:45p Tabata & Core-ST Eva-hi		
12:00p-12:45p Tabata & Core-ST Eva-hi	5:30p-6:30p Athletic Condition- ing-GYM Paul-hi	12:00p-1:00p ✓ Group Cycle-CS Delia-hi	4:30p-5:30p Athletic Condition- ing- ST Aaron-hi	12:00p-1:00p ✓ Group Cycle-CS Delia-hi		
12:00p-12:45p ✓ TRX-MP Delia-mod/hi	6:00p-6:45p ✓ TRX-MP Aaron-mod/hi	1:30p-3:00p • Gentle Yoga-ST Vinita-low/mod	5:00p-5:30p ✓ TRX-MP Brook-mod/hi	1:00p-2:00p Balanced Boxing-ST Stacie T.-low		
12:00p-1:00p ✓ Group Cycle -CS Becky-hi	6:45p-7:45p Power Yoga-ST Evan-mod	4:00p-5:00p Pilates-ST Vinita-mod	5:30p-6:30p ✓ Group Cycle-CS Becky-hi	1:30p-2:45p Ashtanga Vinyasa Yoga-ST Eva-mod		
2:00p-3:00p Hydro Burn-P Dee A.-hi	6:45p-7:30p Aqua Tabata-P Delia-mod	4:30p-5:30p Athletic Condition- ing- GYM Paul-hi	5:30p-6:30p • ∞ Zumba@- MP Gina-mod	2:00p-3:00p Hydro Burn-P Dee A.-hi		
4:00p-5:00p Vinyasa Yoga-ST Stephanie -mod		5:15p-6:15p • Vinyasa Yoga-ST Vinita-low/mod	5:30p-6:00p TurboKick@-ST Brook- mod/hi	4:00a-5:00p • Pilates-ST Eva-mod		
5:00p-5:30p Tabata-GYM Aaron- hi		5:30p-6:30p • ∞ Zumba@- MP Raymond-mod	6:00p-6:30p AC Express- ST Brook- hi	5:30p-6:30p • Vinyasa Yoga-MP Jane-low/mod		
5:30p-6:00p Tabata-GYM Aaron- hi		6:30p-7:30p ∞ Hip Hop Fitness-ST Julie-mod/hi	5:45p-6:30p Tabata- GYM Paul- hi			
5:30p-6:30p ∞ Soul Sweat™-ST Misa-mod/hi		6:45p-7:45p Power Yoga-MP Jane-low/mod	6:45p-7:45p Power Yoga-ST Izzy-mod			
6:30p-7:30p Vinyasa Yoga-MP Rene-low			6:45p-7:30p ∞ Aqua Zumba-P Delia- mod			
6:30p-7:00p TurboKick@-ST Brook-mod/hi						
7:00p-7:30p AC Express-ST Brook-hi						

ST Studio CS Cycle Studio
MP Multi Purpose Room
P Pool GYM Gymnasium

• New to Group Exercise Class
✓ Reservation Required
∞ Kids Class / Family Friendly

HIIT, Strength, Cardio
Cycle
Low Impact
Dance
Aquatics
Mind Body

You can reserve your space:
Aqua: 48hr reservation prior to class
TRX and Cycle: 24hr reservation prior to class
How to register for √ classes: Go to ymcawnc.org. Click "Schedules" at the top of the page. Find your center, and click the blue "Group Exercise" button. Scroll through the week to find your class, or use the menu at the top to filter for your class. Click the sign up button. Click the