



HENDERSONVILLE GROUP EXERCISE SCHEDULE

March 2019

•	New to Group Exercise Class	FS	Fitness Studio
✓	Reservation Required	GYM	Gymnasium
!	High Intensity Experienced Exercisers	P	Pool
∞	Kids Class / Family Friendly	KC	Kellogg Center

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
6:00a-6:45a BOSU Strength & Length-FS Roxi—mod/hi	1:00p-1:45p ∞ Ageless Grace—FS Doreen—low	6:00a-6:45a Strength and Core-FS Roxi—mod/hi	4:15p-5:15p Intermediate Flow-FS Meredith—mod	6:00a-7:00a Daily Grind-GYM Leo—hi	11:15a-12:00p • ∞ Low Impact Fitness-FS Barbara—low/mod	6:15-7:00am Group Cycle—CS Connie—hi	4:15p-5:00p Kids Yoga-EC Melanie—low/mod	6:00a-7:00a Daily Grind-GYM Leo—hi	11:15a-12:00p ∞ Qi Gong-FS Wendy—low/mod	8:30a-9:30a Pilates-KC Dianne—mod	2:30- 3:30pm Barre Rotation—mod
8:15a-9:00a ! ✓ TRX/CORE-GYM Connie—hi	4:30p-5:30p ∞ Strength Fusion-FS Leo—mod	6:00a-7:00am Group Cycle—CS Leo—hi	5:30p-6:30p Barre—KC Elizabeth—mod	6:00a-7:00a Vinyasa Yoga-FS Marybeth—mod	12:15p-1:15p ✓ Cycle-ates-CYC/FS Linda Cox—mod/hi	7:30a-8:15a Zumba-FS Therese—low/mod	4:15p-5:15p Warm Flow-FS Alexa—mod	6:00a-6:45a BOSU Strength & Length-FS Roxi—mod	12:15p-1:15p ✓ Cycle-ates-CYC/FS Linda Cox—mod/hi	9:00a-10:00a ✓ Group Cycle-CYC Linda C.—mod/hi	4:30p-5:30pp • Gentle Yoga-FS Rotation—low
8:15a-9:15a ✓ Group Cycle-CYC Mary—mod	5:30p-6:20p Yoga Sculpt-KC Denika—mod/hi	7:30a-8:15a Zumba-FS Therese—low/mod	5:45-6:45pm Group Power-FS Christina—mod	8:15a-9:15a ✓ Group Cycle-Cyc Leo—mod	1:00p-1:45p ∞ Ageless Grace—FS Doreen—low	8:30a-9:30a Total Body Training-FS Kelly—mod	5:30p-6:30p Barre—KC Elizabeth—mod	8:00a-9:00a ∞ Cardio Splash-P Roxi—mod	5:45p-6:45p Restorative Yoga— Elizabeth—Low	9:00a-10:00a Step-FS Kelly—mod	
8:00-8:45a Rise & Shine-FS Lee—low/mod	5:45p-6:45p Yin Yoga-FS Bitsy—Low	8:30a-9:30a Step-FS Kelly—mod	6:45p-7:45p ∞ Hydro Burn-P Roxi—low/mod <i>*family friendly 8 & up</i>	8:00a-8:45a Rise & Shine-FS Lee—low/mod	4:30p-5:30p ∞ Strength Fusion-FS Leo—mod	8:30a-9:30a ! Hydro Burn Shallow-P Wendy—hi	5:45p- 6:45p Group Power -FS Amie—mod/hi	8:15a-9:15a ✓ Group Cycle-CYC Connie—mod/hi		9:35a-10:35a Movement Meditation-KC Monica—low	
8:45a-9:45a ✓ Barre-KC Dianne—low	6:00p-7:00p ✓ Group Cycle-CYC Linda—mod/hi	8:30a-9:30a ! Hydro Burn-P Wendy—hi	7:00-7:30p Core Express—FS Melissa—mod/hi	8:45a-9:45a ✓ Barre-KC Dianne—low	5:30p-6:20p Yoga Sculpt-KC Denika—mod/hi	8:30a-9:30a ! WOD-GYM Leo—hi	6:45p-7:45p ∞ Hydro Burn-P Roxi—low/mod <i>*family friendly 8 & up</i>	8:00a-8:45a Rise & Shine-FS Lee—low/mod		10:15a-11:15a ! WOD—GYM Leo—hi	
9:00a-10:00a • ∞ Gentle Yoga-GYM Meredith—low	6:30p-7:30p Flow Yoga—KC Denika—mod	8:30a-9:30a ! WOD-GYM Leo—hi		9:00a-10:00a • ∞ Gentle Yoga-GYM Meredith—low	5:45p-6:45p ∞ Zumba-FS Kaitlyn—mod/hi <i>*family friendly 8 & up</i>	9:00a-10:00a Tower Strength-KC Lisa—mod	7:00-7:30p Core Express—FS Melissa—mod/hi	8:00a-8:45a ! ✓ TRX/CORE-GYM Leo—hi		10:45a-11:45a Vinyasa Yoga-KC Rotation—mod/hi	
9:00a-10:00a ! Hydro Burn-P Doreen—hi		9:00a-10:00a Tower Strength-KC Lisa—mod		9:00a-10:00a ! Hydro Burn-P Doreen—hi	6:00p-7:00p ✓ Group Cycle-CYC Sam—mod/hi	9:30a-9:50a • Stretch & Flex-GYM Leo—low		9:00a-10:00a • ∞ Gentle Yoga-FS Bitsy—low			
9:00a-10:00a ! Group Power-FS Carrie—mod/hi		9:30a-10:30a ✓ Group Cycle-Cyc Maya—mod		9:00a-10:00a ! Group Power—FS Amie—mod/hi	6:30p-7:30p Flow Yoga—KC Denika—mod	9:30a-10:30a ! Cardio Splash-P Joan—mod/hi		9:00a-10:00a ! Hydro Burn-P Roxi & Linda Cox—hi			
10:00a-11:00a ∞ Cardio Splash-P Doreen—low/mod		9:30a-10:30a ! Cardio Splash-P Joan—mod/hi		10:15a-11:00a ! ✓ TRX/CORE-GYM Connie—hi		9:30a-10:30a ! Group Cycle-CYC Christina—hi		9:45a-10:30a ✓ Box n' HIIT-GYM Connie—mod/hi			
10:15a-11:00a Pilates-FS Linda Cox—low/mod		9:45a-10:45a Yogalates-FS Wendy—low		10:00a-11:00a ∞ Cardio Splash-P Doreen—low/mod		9:45a-10:45a Yogalates-FS Wendy—low		10:00a-10:45a • ∞ Fluid Movement-P Wendy—low/mod			
11:15a-12:00p • ∞ Low Impact Fitness-FS Linda Cox—low/mod		10:30a-11:30a ∞ Fluid Movement-P Joan—low/mod		10:15a-11:00a Pilates-FS Linda Cox—low/mod		10:30a-11:30a ∞ Fluid Movement-P Joan—low/mod		10:15a-11:00a • Pilates-FS Linda Cox—low/mod			
12:15p-1:15p ✓ Cycle-ates-CYC/FS Linda Cox—mod/hi		11:00a-12:00p • ∞ Tai Chi-FS Jana—low				11:00a-12:00p Intermediate Tai Chi-FS Jana—low					

GROUP EXERCISE CLASS DESCRIPTIONS

DANCE

Zumba® Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

Dance Jam Dance through the ages and around the world with a variety of musical styles.

WATER

Hydro Burn A high intensity total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints.

Fluid Movement This class offers walking and range of motion exercises to increase mobility, flexibility, balance and endurance. Great for members with joint and mobility limitations.

Cardio Splash A deep/shallow moderate intensity combination class that will jumpstart your cardiovascular workout.

This class also includes core strengthening exercises and stretching for maximum flexibility and range of motion

CARDIO

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

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

How to register for classes: Go to ymcawnc.org. Click 'Schedules' at the top of the page. Click "Group Exercise Button". Set location by the drop down menu: Hendersonville Group Exercise. Click 'filter'. Select day with drop down menu or scroll to find class. Click the sign up button. Click the create a log in button and enter the appropriate fields, click register. Click 'reserve a spot'

STRENGTH

Dynamic Strength and Core Designed to condition and strengthen abdominal and lower back muscles as well as increase individual flexibility.

TRX/CORE Body weight suspension training that engages entire core. An entire body workout.

BOSU® Strength & Length Class uses the BOSU to focus on strength, flexibility & balance for a well rounded approach to fitness.

PUMP'D A whole body Barbell workout that incorporates functional strength training.

CARDIO / STRENGTH

Cycle-ates Group cycle class that utilizes Pilates for core training and flexibility, followed by stationary bikes for a cardio workout.

HIIT High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength and maximize calorie burn through short, intense bouts of exercise using a variety of equipment.

Rise & Shine Low impact cardio class with intervals of strength training using light weights.

Total Body Training Combines challenging strength and cardio exercises in just one workout to strengthen your entire body.

Group Power Use body weight exercises and an adjustable barbell loaded with weight plates. Exercises include lunges, presses, curls and squats to increase muscle strength.

Strength Fusion A fun, fast paced total body strength circuit style class which combines both moderate weight training and cardio conditioning to increase muscle tone, endurance and total body energy

WOD / Daily Grind Workout of the day. Daily workouts designed to challenge test your strength and endurance.

MIND / BODY

Restorative Yoga Gentle flow class beginning with a series of heat building poses designed to warm and prepare the body to move safely into deeper postures that are held for longer periods to help restore and rejuvenate.

Gentle Yoga A gentle yoga class for anyone looking for a relaxing practice.

Beginners Tai Chi Tai Chi will encourage balance, strength and coordination.

Intermediate Tai Chi Simplified 24 Yang Form. An excellent exercise modality for improving balance, strength and flexibility.

Yogalates Yogalates is the integration of classic pilates exercises with slow flow yoga.

Pilates Designed to condition and strengthen abdominal and lower back muscles, as well as increase individual flexibility.

Yin yoga Yin yoga focuses on strengthening and nurturing the connective tissue. It can be therapeutic and challenging, yet is suitable for the beginner.

Qigong A movement that improves one's mental and physical health by integrating posture and movement.

Ageless Grace Anti-aging exercises. Almost anyone can do. All exercises are designed to be practiced in a chair, and they consist of movements that are natural and organic.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

HENDERSONVILLE FAMILY YMCA

March 2019

HAPPENING THIS MONTH

Ask about the Hit 100 Challenge

New class time in blue

New classes in yellow

Kellogg classes in green

KELLOGG CENTER

11811 Broyles Road

Hendersonville, NC 28739

FOR MORE INFORMATION CONTACT

CHOLT@YMCANNC.ORG

FACILITY HOURS

Mon-Thur 5:30 am - 9:00 pm

Fri 5:30 am - 8:00 pm

Sat 7:00am - 6:00 pm

Sun 11:00 am - 6:00 pm

CHILDWATCH FACILITY HOURS

Mon-Thurs 8:00 am-1:00 pm

4:00 pm-8:00 pm

Fri 8:00 am-1:00 pm

Sat 8:00 am-1:00 pm

Sun 1:00 pm- 4:00pm

HENDERSONVILLE FAMILY YMCA

810 6th Ave W

Hendersonville, NC 28739

828 692 5774 • ymcawnc.org