



March Healthy Aging Schedule

Hendersonville Family YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rise & Shine-FS 8:00-8:45 a.m.	Zumba-FS 7:30-8:15 a.m.	Rise & Shine-FS 8:00-8:45 a.m.	Zumba -FS 7:30-8:15 a.m.	Rise & Shine-FS 8:00-8:45 a.m.		Gentle Yoga-FS 4:30-5:30 p.m.
Gentle Yoga-G 9:00-10:00 a.m.	Hydro Burn-P 8:30-9:30 a.m.	Gentle Yoga-G 9:00-10:00 a.m.	Hydro Burn-P 8:30-9:30 a.m.	Gentle Yoga-G 9:00-10:00 a.m.		
Cardio Splash-P 10:00-11:00 a.m.	Cardio Splash-P 9:30-10:30 p.m.	Hydro Burn-P 9:00-10:00 a.m.	Cardio Splash-P 9:30-10:30 p.m.	Hydro Burn-P 9:00-10:00 a.m.		
Pilates-FS 10:15-11:00 a.m.	Yogalates-FS 9:45-10:45 a.m.	Cardio Splash-P 10:00-11:00 a.m.	Stretch & Flex-G 9:30-10:50 a.m.	Fluid Movement-P 10:15-11:00 a.m.		
Low Impact-FS 11:15-12:00 p.m.	Fluid Movement-P 10:30-11:30 a.m.	Pilates-FS 10:15-11:00 a.m.	Yogalates-FS 9:45-10:45 a.m.	Pilates-FS 10:15-11:00 a.m.		
Ageless Grace-FS 1:00-1:45 p.m.		Low Impact-FS 11:15-12:00 p.m.	Fluid Movement-P 10:30-11:30 a.m.	Qigong-G 11:15-12:00 p.m.		
Pickleball-G 1:00-3:00 p.m.		Ageless Grace-FS 1:00-1:45 p.m.		Pickleball-G 1:00-3:00 p.m.	FS-Fitness Studio G-Gym P-Pool	
		Pickleball-G 1:00-3:00 p.m.		Restorative Yoga-FS 5:45-6:45 p.m.		

Lap Swim & Open Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30-7:55 a.m.	Lap Swim 5:30-8:25 a.m.	Lap Swim 5:30-7:55 a.m.	Lap Swim 5:30-8:25 a.m.	Lap Swim 5:30-7:55 a.m.	Lap Swim 7:00-9:00 a.m.	Lap Swim 11:00-1:00 p.m.
Open Swim 8:00-8:55 a.m.	Lap Swim 11:30-2:00 p.m.	Open Swim 8:00-8:55 a.m.	Lap Swim 11:30-2:00 p.m.	Lap Swim 11:00-2:00 p.m.	Open Swim 11:00-5:30 p.m.	Open Swim 1:00-5:30 p.m.
Lap Swim 12:00-2:00 p.m.	Open Swim 2:00-3:30 p.m.	Lap Swim 12:00-2:00 p.m.	Open Swim 2:00-3:00 p.m.	Open Swim 2:00-4:00 p.m.		Hot tub closes at 5 p.m.
Open Swim 2:00-4:00 p.m.	Open Swim 7:45-8:30 p.m.	Open Swim 11:00-12:00 p.m.	Open Swim 7:45-8:30 p.m.	Open Swim 6:00-7:30 p.m.		
Open Swim 7:20-8:30 p.m.		Open Swim 2:00-4:00 p.m.				
		Lap Swim 6:00-7:00 p.m.			Please see the pool & group exercise schedule for a complete list of activities	
		Open Swim 7:00-8:30 p.m.				



Healthy Aging Schedule

Hendersonville Family YMCA

All classes listed on the Healthy Aging Schedule have an intensity level of low or low/moderate. Healthy Agers are not limited to this schedule. For a complete group exercise or pool schedule, please visit ymcawnc.org/schedules or pick one up from the membership desk.

UPCOMING EVENTS

Falls Prevention Lunch & Learn
March 20 | 11:30-1:30 p.m.
Free

Pilates for Your Spine
Tuesdays, Mar 26-Apr 16
9:00-10:00 a.m.

KELLOGG CENTER CLASSES

Barre, Tower Strength, Flow Yoga and Movement Meditation are available at the Kellogg Center. For times and instructors, please see the Kellogg Center schedule available at the membership desk or online.

FACILITY HOURS

Mon-Thurs	5: 30 a.m. - 9:00 p.m.
Fri	5:30 a.m - 8:00 p.m.
Sat	7:00 a.m. - 6:00 p.m.
Sun	11:00 a.m. - 6:00 p.m.

810 6th Ave West
Hendersonville, NC 28739

GROUP EXERCISE CLASS DESCRIPTIONS

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. This class will work through the fundamentals of yoga including postures, stretching, breathing & relaxation.

Beginners Tai Chi Suitable for beginners with no previous experience. 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 is the integration of classic Pilates exercises with slow flow yoga. We will be focusing on strengthening the muscles of the core (shoulders to hips) with particular attention to the abdominals. We will also focus on lengthening muscles through yoga flow sequences. Yogalates will leave you feeling stronger and more flexible throughout the whole body.

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

Qigong is a movement that improves ones mental and physical health by integrating posture, movement, breathing, technique, self massage, sound and focused intent.

CARDIO / STRENGTH

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

Low Impact Fitness Seated &/or standing, this class focuses on cardio, strength & flexibility exercises appropriate for active older adults.

WATER

Hydro Burn is 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 Suitable for every fitness level. 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

POOL DESCRIPTIONS

Open Swim The pool is available for open/free swim (life lane will be up)

Water Fitness Classes are occurring in various areas of the pool and those areas will be closed to open swimmers. Open swim availability is not guaranteed during these times.

Lap Lanes Lap lanes are for continuous lap swimming

For more information, contact the membership desk at 828 697 9622