



MARCH GROUP EXERCISE SCHEDULE

UNC Asheville Kellogg Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45am-9:45am Barre Dianne-mod	9:00am- 9:45am Tower Strength Lisa-mod	8:45am-9:45am Barre Dianne-mod	9:00am-9:45am Tower Strength Lisa-mod		8:30am-9:30am Pilates Dianne-mod	2:30pm-3:30pm Barre Staff-mod
5:30pm-6:20pm Yoga Sculpt Denika-mod/hi	5:30pm-6:30 pm Barre Elizabeth-mod	5:30pm-6:20pm Yoga Sculpt Denika-mod/hi	5:30pm-6:30pm Barre Elizabeth-mod		9:35am-10:35am Movement Meditation Monica-low	
6:30pm-7:30pm Flow Yoga Denika-mod		6:30pm-7:30pm Flow Yoga Denika-mod			10:45am-11:45am Vinyasa Yoga Elizabeth-mod	

Barre - This format combines balance, agility, resistance, working recovery and eloquence into a challenging full body workout. Use the exercises alone or in unique sequencing patterns provided to create an entire Barre program.

Movement Meditation – Connect to your body with Movement Meditation, a free-form dance class that uses music and guided imagery to take you through your own personal, creative flow.

Tower Strength - Sculpt your body in this class with an emphasis on strength, and balance while using highly specialized strength towers.

Flow 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, and relaxation. Perfect for the beginner and yoga participant.

Pilates - This conditioning program incorporates strengthening, toning, and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes.

Vinyasa Yoga - Focus on linking conscious breath with mindful movement, awakening their energy and flexibility.

Yoga Sculpt— Muscle meets yoga. Boost your metabolism and add extra power to your practice.

Directions to UNC-A Kellogg Center

Head west on US-64 W
 Turn right onto Broyles Road
 Turn right to stay on Broyles Road
 Turn left into the UNC Asheville Kellogg Center
 Turn right towards YMCA Health & Wellness Center

Single Class Pass | \$15.00

Five-Class Pass | \$75.00

Classes are included in
 YMCA of WNC membership

1181 Broyles Rd., Hendersonville, NC 28791 | ymcawnc.org