



WOODFIN GROUP EXERCISE SCHEDULE

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:45a-7:45 a • Gentle Yoga - SA Greta-low/mod		6:45-7:45 a • Gentle Yoga - SA Shonna-low/mod			
8:00-9:00 a Cardio Fusion-SB Marian-mod/hi	8:00-9:00 a • Low Impact Fitness-SB Jill-low/mod	8:00-8:45 a Step -SB Marian-mod/hi	8:15-9:00a ✓ TRX - SB Jessica- mod/hi	8:00-9:00 a Strength Fusion-SB Marian-mod/hi		
9:00-10:00 a ✓ Group Cycle-CS Stacie-mod/hi	8:30-9:30 a • ∞ The Groove- SA Leanna- low/mod	9:00-10:00 a ✓ Group Cycle-CS Becky-mod/hi	8:30-9:30 a • ∞ The Groove- SA Leanna- low/mod	9:00a -10:00 a✓ Group Cycle-CS Stacie -mod/hi	9:00-10:00 a ✓ Group Cycle-CS Copland-mod/hi	
9:10-10:00 a • ∞ Zumba Gold@-SB	9:00-9:45a ✓ Group Cycle-CS	9:00-10:00 a • Vinyasa Yoga SA	9:00-10:00a ✓ Group Cycle-CS	9:10-10:00 a ∞ Hip Hop Fitness-SB	9:00-10:00 a • Strength Fusion- SB	10:15-11:15 a Mindful Movement-SA
	9:15-10:00 a ✓ TRX - SB		9:15-10:00a ✓ TRX - SB		9:00-10:00 a • Vinyasa Yoga SA	11:30-12:30 a Core de Force-SB
10:15-11:15 a Strength Fusion-SB Stacie-low/mod	9:40-10:00 am Self guided meditation Studio A	10:15-11:15 a Strength Fusion-SB Jessica- mod	9:40-10:00 am Self guided meditation Studio A	10:00-11:00 a • Vinyasa Yoga SA Tanya-low/mod	10:15-11:15 a • Pilates- SA Stacey Jayne-mod	11:30a-12:30 p• Tai Chi- SA Jon- low/mod
10:15-11:15 a Pilates- SA Nadja-low/mod	10:15-11:15a • ∞ Zumba@-SB Lynn-mod/hi	10:15-11:15 a • Core Conditioning- SA Jackaline-low/mod	10:15-11:15 a Zumba-SB Katie- low/mod	10:15-11:00 a✓ TRX - SB Stacie- mod/hi	10:15a-11:00 a ✓ TRX - SB Andrea- mod/hi	11:30-12:30 p ✓ Group Cycle-CS Janet-mod/hi
11:30-12:30 p • Vinyasa Yoga SA Maro-low/mod	10:15-11:15 a Barre Fusion -SA Stacey Jayne- mod	11:30-12:45 p Gentle Yoga - SA Jackaline-low/mod	10:15-11:15 a Barre Fusion -SA Stacey Jayne- mod	11:15-12:15 p • ∞ Gentle Yoga-SA Tanya-low	11:15-12:15 a Zumba-SB Delia - low/mod	12:45-1:30 p ✓ TRX - SB Nadja- mod/hi
11:30-12:15 a✓ TRX - SB Jessica- mod/hi	11:30-12:30p Strength Fusion-SB Lynn-mod/hi	11:30-12:15p ✓ TRX - SB Jessica- mod/hi	11:30-12:30 p Strength Fusion-SB Stacey Jayne- low/mod	11:15-12:15 p • Strength Fusion- SB Stacie-low/mod		12:45-1:45 p Power Yoga-SA Kelly-mod
12:30-1:15 p ✓ Group Cycle-CS	11:30-12:30p•∞ Gentle Yoga-SA	12:30-1:15 p ✓ Group Cycle-CS	12:30-1:30p•∞ Gentle Flow Yoga-SA	12:30-1:15 p ✓ Group Cycle-CS		1:45-2:45 p • ∞ Zumba@--SB
5:15-6:15 p ∞ Zumba@--SB Kaitlyn-mod/hi	4:15-5:15 p • Pilates- SA Stacey Jayne- mod	5:15-6:15 p ∞ Zumba@-SB Erica-mod/hi	4:15-5:15 p • Pilates- SA Stacey Jayne-mod			2:00-3:00 p• Yogalates- SA Kelly- mod
5:30-6:45 p Vinyasa Yoga-SA Evan- low/mod	5:30-6:30 p Athletic Conditioning- SB	5:45-6:45 p ✓ Group Cycle-CS Copland-mod/hi	5:30-6:30 p Athletic Conditioning- SB Copland/Crystal-mod/hi			3:15-4:15 p•∞ Gentle Yoga- SA Erin-low
5:45-6:45 p ✓ Group Cycle-CS Copland-mod/hi	5:45-6:45 p Vinyasa Yoga-SA Kelly- low/mod	6:30-7:15 p ✓ TRX - SB Andrea- mod/hi	6:30-7:45 p ✓ Cycle Yoga-CS/SA Cynthia-mod			
6:30-7:15 p ✓ TRX - SA Nadja- mod/hi	6:30-7:45 p ✓ Cycle Yoga-CS/SA Cynthia-mod	6:30-7:30 p Vinyasa Yoga-SA Kelly	6:45-7:45 p Hip Hop Fitness Antonio-mod			
	6:45-7:45 p Hip Hop Fitness Antonio- mod					

New class

Class Change

• Low impact or great for beginners

✓ Reservation required

∞ Kids class/family friendly

SA: Studio A Mind Body
SB: Studio B
CS: Cycle Studio

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO / STRENGTH

Athletic Conditioning Intense cardio, strength, plyometric drills, and core work designed to improve performance in athletics and everyday activities. We use a variety of equipment, including Kettle bells, rowers and TRX.

Tabata + Core High intensity interval training class .

Cardio Fusion A fitness class that incorporates strength training moves combined with cardiovascular exercises to provide participants with a well-rounded total body workout.

Low Impact Fitness This class is perfect for beginners to group exercise or fitness in general. Participate in basic cardio, strength, flexibility, and balance exercises and learn how to get the most out of all of your workouts!

Group Cycle Join the ride! Speed, resistance, and more create an exciting and challenging indoor cycle experience. Available in 1 hour class format and 45 minute class format.

Strength Fusion This class uses a variety of equipment and movement styles to build fitness through the whole body. Classes may include intervals, skill building, and cardio bursts for a challenging total body workout. This class is appropriate for those with injuries or limitations as well as beginning exercisers.

Step fusion Choreography based step routines appropriate for all levels of steppers.

Core De Force This MMA-inspired, total-body workout that uses conditioning combinations, body weight moves, and cardio spikes to harness the power of your core and have you like a rock start. You'll burn major calories and carve your waist-no equipment needed.

TRX® Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility & core stability simultaneously.

MIND / BODY / FLEXIBILITY

Vinyasa Yoga Classical Hatha Yoga practice including breathing (pranayama), relaxation, sun salutations & postures (asanas).

Gentle Yoga Yoga class with a more gentle approach . Class will work through a series of gentle postures with a focus on breathing techniques. Great for those new to yoga and participants with joint or mobility limitations.

Gentle Flow Yoga class with a more gentle approach . Class will work through a series of gentle postures with a focus on breathing techniques. There will be a few gentle vinyasa flows within class to keep your body moving.

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

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

Core Conditioning A class designed to condition and strengthen abdominal and lower back muscles.

Barre fusion fuses the disciplines of core and conditioning, *pilates*, *yoga* and ballet. You get a total body and comprehensive strength workout as you lift, tone, and sculpt your muscles through isometric holds and isolated movements and focus on proper alignment/form, flexibility and posture

Mindful Movement will help you refine and master your movement. In class we use a combination of static postures, balance poses, and natural resistance to loosen stiff joints, improve mobility, and increase flexibility; leaving you feeling exhilarated and energized for the rest of the day .

Self guided Meditation Please enjoy this time to do a self guided meditation, quiet reflection or just a few minutes to center yourself. This is not a staff led class.

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.

The Groove Simple moves to great music so you can dance them your way. This mind-body inspired class proves every body can dance and love it.

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

Zumba Gold® It's an invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Zumba® Gold classes provide modified, low-impact moves for active older adults.

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: Woodfin Group Exercise. Click "filter." Select day with drop down menu, or scroll through the schedule to view the class. Click the sign up button. Click the create a log in button and enter the appropriate fields, click register. Click the blue "log in" button. Use your email address and password to log in. Click "reserve a spot."



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

WOODFIN YMCA

March 2019

Yoga Beyond the Basics : Stability

This class explores the breath and focuses on the alignment and the fundamentals of the Yoga postures specific to stability.

Participants will explore poses that stabilize and strengthen the ankles, knees, and hips. Posture for sitting and standing will be improved, too!

Join Certified Yoga Therapist, Tanya, on this 6 week program. All levels of Yoga practice are welcome.

Fridays 12:45-1:45 pm

March 15th-April 19th

Members \$30 non members \$80

Space limited

Sign up at the front desk

FACILITY HOURS

Mon–Thurs	5:30am–9:00pm
Fri	5:30am–8:00pm
Sat	8:00am–6:00pm
Sun	10:00am–6:00pm

YOUTH DEVELOPMENT HOURS

Mon–Thurs	8:00am–12:30pm 4:00pm–8:00pm
Friday	8:30am–12:30pm 4:00pm–7:00pm
Sat	9:00am–1:00pm
Sun	2:00pm–5:30pm

WOODFIN YMCA

40 N. Merrimon Ave., Suite 101
Asheville, NC 28804
828 505 3990 • ymcawnc.org