

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO / STRENGTH

**BODYPUMP** - BODYPUMP® is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to develop lean muscle and get fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more.

**BODYCOMBAT** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

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

**Athletic Conditioning** Intense cardio, strength, plyometric drills, & core work designed to improve performance in athletics & everyday activities

**Low Impact Fitness** Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones. Increase your muscular strength and range of movement as well as your cardiovascular fitness, helping with activities of daily living.

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

Build flexibility and burn calories as you build lean muscle.

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

**Total Body Training** Want to burn fat, build muscle and have fun? Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body.

**HIIT** High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and

blast through plateaus. You'll experience short, intense bouts of exercise using many modes of training including body weight, suspension training and kettlebells.

## DANCE

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

**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!

**WERQ:** The wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

## AQUATICS

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

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

**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.

**Deep Water Fitness** While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system, improving your overall health and fitness! Flotation belts for support in the deep water are provided.

## MIND / BODY

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

**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.

**Restorative Yoga** In this class, students will work with props to achieve postures that are restful and meditative. Poses are held for longer, and movement is slow and intentional. This class is great for beginners, those seeking relaxation, or participants with joint and mobility limitations.

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

**Chair Yoga** An adapted form of yoga that makes yoga accessible to everyone. ... Chair Yoga allows the client to modify their yoga practice based on mobility, health, and current ability level. Chair Yoga offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support.

**Slow Flow Yoga** Slow Flow Vinyasa Yoga is a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga. This slower-paced flow class allows time to explore the postures while cultivating strength

**Flex & Stretch** A class designed to actively stretch the body so that it maintains optimal mobility and range of motion.

**Yogalates** Yogalates is the integration of classic Pilates exercises with slow flow Yoga. We will be focusing on strengthening the muscles of the core with particular attention to the abdominal. We also will focus on lengthening muscles through yoga flow sequences..

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

**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.

**BODYBALANCE™** - Ideal for any and everyone, LES MILLS BODYBALANCE is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and the instructors will always provide options for those just getting started.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

January 2024

ASHEVILLE YMCA

Asheville YMCA

30 Woodfin Street | 828-210-9622

Ymcawnc.org

## RESERVE YOUR SPOT

Required reservations open 26 hours in advance

Scan this code to download the mobile app and get started!



**\*\*Reservation is forfeited if not present at scheduled start of class\*\***

## CENTER HOURS

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

## CHILDCARE HOURS

|          |                                            |
|----------|--------------------------------------------|
| Mon-Thur | 8:00 a.m.-1:00 p.m.<br>4:00 p.m.-7:00 p.m. |
| Friday   | 8:30 a.m.-1:00 p.m.                        |
| Sat      | 8:00 a.m.-1:00 p.m.                        |
| Sun      | 1:00 p.m.-5:00 p.m.                        |

ASHEVILLE GROUP EXERCISE SCHEDULE

JANUARY 2024

| MON                                                       | TUES                                                   | WED                                                      | THURS                                                   | FRI                                                       | SAT                                                                                                                                                                                                           | SUN                                                |
|-----------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| 6:00a–6:55a<br>Body Pump–St<br>Roxanne mod                | 6:15a–7:00a<br>Cycle–CS<br>Julie W. hi                 | 6:00a–6:55a<br>Body Pump–St<br>Roxanne mod               | 6:15a–7:00a<br>Cycle– CS<br>Julie W. hi                 | 6:00a–6:55a<br>Body Pump–St<br>Karen mod                  | 8:15a–9:15 St<br>Body Balance<br>Laura P mod/hi                                                                                                                                                               | 1:00p–2:00p<br>Power Yoga –St<br>Jen/Hannah mod/hi |
| 7:15a–8:15a<br>Body Balance MP<br>Greta mod/hi            | 7:00a–7:45a<br>HITT– ST<br>Suzanne hi                  | 8:30a–9:15a<br>Athletic Conditioning–O<br>Suzanne hi !   | 8:30a–9:15a<br>Athletic Conditioning–O<br>Julie W. hi ! | 7:15a–8:15a<br>Body Balance MP<br>Greta mod/hi            | 9:00a–9:45a<br>Cycle –CS<br>Aileen hi                                                                                                                                                                         | 2:30p–3:30p<br>Pilates–St<br>Shonna C. low/mod     |
| 8:30a–9:15a<br>Athletic Conditioning–O/S<br>Laura S. hi ! | 8:30a–9:15a<br>Athletic Conditioning–O<br>Suzanne hi ! | 8:30a–9:20a<br>Low Impact Fitness GYM<br>Karen low/mod   | 9:00a–10:15am<br>Vinyasa Yoga– MP<br>Stephanie low/mod  | 8:30a–9:15a<br>Athletic Conditioning–O/S<br>Laura S.–hi ! | 9:30a–10:25 a<br>Body Pump–St<br>Karen/ Roxanne mod                                                                                                                                                           | 3:45p–4:45p<br>Gentle Yoga –St •<br>Shonna C. low  |
| 8:30a–9:30a<br>Low Impact Fitness–GYM •<br>Carmen low/mod | 9:00a–10:15am<br>Vinyasa Yoga– MP<br>Dede low/mod      | 9:00–9:45a<br>Cycle– CS<br>Becky hi                      | 9:30a–10:20a<br>Flex & Stretch –GYM •<br>Carmen low     | 8:30a–9:30a<br>Low Impact Fitness GYM<br>Karen low/mod    | 10:45a–11:45a<br>Hip Hop Fitness–St<br>Eleanor mod/hi                                                                                                                                                         |                                                    |
| 9:00–9:45a<br>Cycle– CS<br>Becky hi                       | 9:30a–10:20a<br>Flex & Stretch –GYM •<br>Carmen low    | 9:15a–10:15a<br>Tai Chi –MP<br>Tyler low                 | 9:45a–10:45a<br>Pilates–St<br>Suzanne low/mod           | 9:45a–10:45a<br>Vinyasa Yoga–St<br>Stephanie mod\hi !     | 12:00p–1:00p<br>Yogalates– St<br>Raven low/mod                                                                                                                                                                |                                                    |
| 9:30a–10:30a<br>Booty Barre -St<br>Eva hi                 | 9:45a–10:45a<br>Pilates–St<br>Raven low/mod            | 9:30a–10:30a<br>Booty Barre -St<br>Eva hi                | 11:00a–11:45a<br>TRX– MP<br>Julie W. mod/Hi             | 10:30a–11:30a<br>Zumba–GYM ∞<br>Delia Rose mod/hi         |                                                                                                                                                                                                               |                                                    |
| 11:00a–11:50a<br>Total Body Training– St<br>Suzanne mod   | 11:00a–11:45a<br>TRX– MP<br>Julie mod/hi               | 10:30a–11:30a<br>Zumba–GYM ∞<br>Rico mod/hi              | 11:00a–11:45a<br>Body Pump–St<br>Karen mod              | 11:00a–11:50a<br>Total Body Training– St<br>Jon mod       | <div>EVENTS</div> <div>January 21, 2024</div> <div>Family Zumba 11:30-12:30</div> <div>Spanish/ English</div> <div>Instructor Delia Studio</div> <div>Open to the Public</div> <div>See Membership Desk</div> |                                                    |
| 12:00p–12:45p<br>TRX–MP<br>Suzanne mod/hi                 | 11:00a–11:45a<br>Body Pump–St<br>Karen mod             | 10:30a–11:30p<br>Chair Yoga– MP<br>Dede low              | 12:00p–1:00p<br>Body Balance St<br>Shona M mod/hi       | 12:00a–12:45a<br>TRX– MP<br>Jon mod/hi                    |                                                                                                                                                                                                               |                                                    |
| 4:00p–5:15p<br>Vinyasa Yoga–MP<br>Vinny low/mod           | 12:00p–1:00<br>Body Balance St<br>Shona M mod/hi       | 11:00a–11:50a<br>Total Body Training– St<br>Shona M mod  | 4:15p–5:00p<br>TRX– MP<br>Suzanne mod/hi                | 12:30p–1:30p<br>Pilates- St<br>Suzanne mod                |                                                                                                                                                                                                               |                                                    |
| 4:15p–5:15p<br>Body Pump St<br>Laura R mod                | 4:15p–5:00p<br>TRX– MP<br>Suzanne mod/hi               | 12:00–12:45p<br>TRX–MP<br>Shona M mod/hi                 | 4:30p–5:30p<br>Vinyasa Yoga–St<br>Vinita low/mod        |                                                           |                                                                                                                                                                                                               |                                                    |
| 5:30p–6:30p<br>Zumba St ∞<br>Delia Rose mod/hi            | 4:30p–5:30p<br>Vinyasa Yoga–St<br>Stephanie mod/hi !   | 4:00p–5:15p<br>Gentle Yoga–MP<br>Greta low               | 5:15–6:15<br>WERQ MP<br>Nicole low                      |                                                           |                                                                                                                                                                                                               |                                                    |
| 5:45p–7:00p<br>Gentle Yoga –MP<br>Dede low                | 5:15–6:15<br>WERQ MP<br>Nicole low                     | 4:15p–5:15p<br>Body Pump St<br>Laura R mod               | 5:45p–6:30p<br>Body Combat– St<br>Tracy hi              |                                                           |                                                                                                                                                                                                               |                                                    |
| 5:45p–6:30p<br>Cycle– CS<br>Greta High                    | 5:45p–6:30p<br>Body Combat– St<br>Tracy hi             | 5:30p–6:30p<br>Hip Hop Fitness –St<br>Eleanor mod/hi     | 6:45p–7:45p<br>Slow Flow Yoga –MP •<br>Gillian low      |                                                           |                                                                                                                                                                                                               |                                                    |
| 5:30a–6:15p<br>Athletic Conditioning–Gym<br>Laura S. hi ! | 5:45p–6:30p<br>Cycle– CS<br>Daniel hi                  | 5:30a–6:15p<br>Athletic Conditioning MP<br>Laura S. hi ! |                                                         |                                                           |                                                                                                                                                                                                               |                                                    |
|                                                           | 6:45p–7:45p<br>Slow Flow Yoga–MP •<br>Brittany low     | 5:45p–6:30p<br>Cycle– CS<br>Greta hi                     |                                                         |                                                           |                                                                                                                                                                                                               |                                                    |
|                                                           |                                                        | 6:45p–7:45p<br>Restorative Yoga –MP •<br>Greta low       |                                                         |                                                           |                                                                                                                                                                                                               |                                                    |

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have changed

Classes in **BLUE** are aquatic classes

O Studio O (Turf Field)

MPR Multi Purpose Room

Gym Gymnasium

CS Cycle Studio

ST Studio

P Pool

! High Intensity

∞ Family Friendly / Kid class

| Aquatic Exercise Classes –South Pool∞ **      |                                                     |                                               |                                                     |                                                   |
|-----------------------------------------------|-----------------------------------------------------|-----------------------------------------------|-----------------------------------------------------|---------------------------------------------------|
| MON                                           | TUES                                                | WED                                           | THURS                                               | FRI                                               |
| 9:30a–10:20a<br>Hydro Burn •                  | 9:00a–9:50a<br>Hydro Burn •<br>Cece hi              | 9:30a–10:20a<br>Cardio<br>Splash •            | 9:00a–9:50a<br>Hydro Burn •<br>Cece hi              | 08:30a–9:20a<br>Deep Water •<br>Fitness<br>Amy hi |
| 10:30a–11:20a<br>Fluid Move–ment<br>Shonna hi | 10:00a–10:50a<br>Cardio<br>Splash •<br>Cece low/mod | 10:30a–11:20a<br>Cardio<br>Splash •<br>Dee hi | 10:00a–10:50a<br>Cardio<br>Splash •<br>Cece low/mod |                                                   |
| 2:00p–3:00p<br>Hydro Burn •<br>Dee hi         |                                                     | 2:00p–3:00p<br>Hydro Burn •<br>Dee hi         |                                                     | 2:00p–3:00p<br>Hydro Burn •<br>Dee hi             |
|                                               |                                                     |                                               |                                                     |                                                   |

VIRTUAL GROUP EX

Workout ANYWHERE

[ymcawnc.org/virtual-y](https://ymcawnc.org/virtual-y)