

GROUP EXERCISE CLASS DESCRIPTIONS

DANCE

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

Cardio Dance - If you love to dance and workout, this class is for you. It starts with 30 minutes of fun and easy-to-follow cardio dance and finishes with strength work to challenge your core and strengthen abs. Suitable for all fitness levels.

The Groove

a dynamically interactive and creative group dance experience. With great music, your facilitator will UNITE everyone in a simple movement or rhythm but you get to dance it your own UNIQUE way.

AQUATICS

Aqua Tabata - A high intensity aquatic interval class that uses 20 seconds of intense work, followed by 10 seconds of rest or active recovery. Suitable for all fitness levels.

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.

Hydroburn - 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 participants with joint and mobility limitations. "

STRENGTH

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

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

COMBINATION

Athletic Conditioning - A cross training workout that combines movements from various sports, boot camp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance and agility.

Barre - Combining dance-inspired conditioning, ballet barre training, & the LeBert Equalizer to create a format suitable for every level of exerciser. No dance experience or pink tights required!

BODYPUMP - Using light to moderate weights with lots of repetition, A total body workout.

HITT - High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus.

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.

Rise & Shine - This is a combination class with low impact cardio and light-weight intervals. It finishes up with core work on the mat. It is suitable for both beginners and intermediate exercisers with options for higher or lower intensity.

CARDIO

BODYCOMBAT - high energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

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.

RPM - indoor cycling workout that is fun and low impact, where you control the intensity. instructor takes you on a journey of hill climbs, sprints and flat riding.

MIND / BODY

Gentle Yoga

A yoga class for anyone seeking relaxation. This class will work through the fundamentals of yoga .

Slow Flow Yoga

a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga.

Vinyasa Yoga

Students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. All poses are modified for all levels.

Yin Yoga

Focuses on strengthening and nurturing the connective tissue. It can be therapeutic and challenging, yet is suitable for the beginner to advanced yogi.

Power Yoga

An active yoga style that moves more quickly through yoga poses building heat, strength and flexibility. Poses flow together, or are linked with sun salutations.

Pilates

This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout.

Tai Chi

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

Tai Chi Club

For Tai Chi students that have practiced for over a year. Please contact Sharon Murnane if you are interested in attending any of the meetings. smurnane49@gmail.com



GROUP EXERCISE

APRIL 2024

HENDERSONVILLE FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hendersonville Family YMCA

810 W 6th Ave | 828.697.9622

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

FACILITY HOURS

| | |
|-----------|-------------------|
| Mon - Th. | 5:30 am - 9:00 pm |
| Fri. | 5:30 am - 8:00 pm |
| Sat. | 7:00 am - 5:00 pm |
| Sun. | 11:00 am - 5:00pm |

INDOOR POOL HOURS

| | |
|----------|-------------------|
| Mon - Th | 5:30 am - 8:30 pm |
| Fri. | 5:30 am - 7:30 pm |
| Sat. | 7:00 am - 4:30 pm |
| Sun. | 11:00 am - 4:30pm |

CHILDCARE HOURS

| | |
|------------|--------------------|
| Mon - Fri | 8:30 am - 12:30 pm |
| Mon - Thur | 3:45 pm - 8:00 pm |
| Sat. | 8:30 am - 12:30 pm |
| Sun. | Closed |

HENDERSONVILLE GROUP EXERCISE SCHEDULE

APRIL 2024

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) **FS** Fitness Studio
- Gym** Gymnasium **CS** Cycle Studio
- CR** Community Room
- !** High Intensity **∞** Family Friendly / Kid class

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|--|
| 5:45-6:20a FS ∞ HIIT Jennifer | 5:45-6:30a FS Les Mill's BODYPUMP Jennifer | 5:45-6:20a G ∞ HIIT Jennifer | 5:45-6:30a FS Les Mill's BODYPUMP Jennifer | 5:45-6:20a FS ∞ HIIT Jennifer | | |
| 6:00- 6:45a CS ∞ Les Mills RPM Jordan | 6:00 - 6:45a G ∞ Total Body Training Roxie | 6:00- 6:45a CS ∞ Les Mills RPM Jordan | 6:00-6:45a G ∞ Total Body Training Roxie | | 8:30-9:15a CS ∞ Cycle Mary/Rainy | |
| 8:00 - 8:45a G Pilates Linda | 8:00 - 8:45a FS ∞ Rise and Shine Lee | 8:00 - 8:45a G Pilates Linda | 8:00-8:45a FS ∞ Rise and Shine Lee | 8:00- 8:45a G Pilates Wendy | 8:30 - 9:15a FS ! Les Mill's BODYCOMBAT Ashley/Kate/Allyson | |
| 8:00 - 8:45a FS ! Les Mill's BODYCOMBAT Allyson | 9:00 - 9:55a O/G ! Athletic Conditioning Leo | 8:00 - 8:45a FS ! Les Mill's BODYCOMBAT Allyson | 9:00-9:55a O/G ! Athletic Conditioning Leo | 9:00-9:45a G ∞ TRX Michal Ruth | 9:00 - 9:55a O/G ! Athletic Conditioning Leo | |
| 9:00-9:45a G ∞ TRX Jennifer | 9:00 - 9:45a FS ∞ Step Kelly | 9:00 - 9:45a G ∞ TRX Mary | 9:00- 9:45a FS ∞ Step Kelly | | 10:00-10:50a G Vinyasa Yoga Lindsay | |
| 9:00-9:45a FS ∞ Cardio Dance Helen | 9:00- 9:45a CS ∞ Les Mills RPM Kate | 9:00 - 9:45a FS ∞ Cardio Dance Lee | 9:00- 9:45a CS ∞ Cycle Carrie | 9:00- 9:45a CS ∞ Cycle Mary | 11:00-11:55p FS ∞ Zumba Therese | 1:30p-2:30p FS Power Yoga Bill |
| 9:00- 9:45a CS ∞ Cycle Mary | 10:05-10:50a G ∞ TRX Michal Ruth | 10:00-10:45a G ∞ TRX Mary | 10:05-10:50a G ∞ TRX Regina | 10:00-10:45a G ∞ TRX Michal Ruth | <div data-bbox="1516 776 2020 1582" data-label="Complex-Block"> <h3>EVENTS</h3> <ul style="list-style-type: none"> Crafting club 4/12 from 1pm - 3pm Summer Bootcamp starts 4/16 from 8am - 9am Senior Social 4/19 from 1pm - 3pm Healing the back with Yoga starts on 4/19 from 2:30pm - 3:30pm Fitness For A Cause 4/20 from 9am - 12pm Healthy Kids Day 4/20 at Mills River Park from 3pm - 5:30pm Women on Weights Beginner starts on 4/22 from 5:30pm - 6:30pm </div> | |
| 10:00-10:45a G ∞ TRX Regina | 10:00-10:45a FS ∞ Barre Ann | 10:00-11:00a FS Les Mill's BODYPUMP Gena | 10:00-10:45a FS ∞ Barre Ann | 10:00-11:00a FS Les Mill's BODYPUMP Christina | | |
| 10:00-11a FS Les Mill's BODYPUMP | 11:00-11:45a FS Les Mill's BODYPUMP Express | 11:00-11:55a G Gentle Yoga Regina | 11:00-11:45a FS Les Mill's BODYPUMP Express | 11:00-11:55a G Gentle Yoga Christina | | |
| 11:00-11:55a G Gentle Yoga Regina | 11:00 -11:50a G Pilates Lee | 12:15-1:10p G Low Impact Fitness Linda | 11:00-11:50a G Pilates Lee | 12:15-1:10p G Low Impact Fitness Roxie | | |
| 12:15-1:10p G Low Impact Fitness Linda | 12:00- 12:55p FS Tai Chi Sharon | 1:15-2:15p FS/CR Tai Chi Club-Advanced | 12:00- 12:55p FS Tai Chi Sharon | 12:15 - 1:00p FS Pilates Linda | | |
| 1:30-2:30a FS Chair Yoga Regina | 1:00-2:00a FS Slow Flow Yoga Regina | 1:30-2:30a FS/CR Chair Yoga Regina | 1:00-2:00a FS Slow Flow Yoga Regina | 1:15-2:15p FS Tai Chi Club-Advanced | | |
| | 2:15- 3:10p FS ∞ Zumba Jocelyn | | 2:15- 3:10p FS ∞ Zumba Jocelyn | | | |
| | 4:00-4:45p FS Total Body Training Melissa | | 4:00-4:45p FS Total Body Training Melissa | | | |
| 5:00-6:00p FS Les Mill's BODYPUMP Emily | 5:00- 5:45p FS ! Les Mill's BODYCOMBAT Ashley | 5:00-6:00p FS Les Mill's BODYPUMP Emily | 5:00- 5:45p FS ! Les Mill's BODYCOMBAT Kate | | | |
| 5:30- 6:15a CS ∞ Les Mills RPM Kate | 6:00- 6:55p FS ∞ Zumba Therese | 5:30- 6:15p CS ∞ Cycle Rainy | 6:00- 6:55p FS ∞ Zumba-Bilingual Jocelyn | 5:30- 6:15a CS ∞ Les Mills RPM Kate | | |
| | 6:30- 7:15p CS ∞ Cycle Rainy | | 6:30- 7:15p CS ∞ Cycle Jordan | | | |
| 6:30p-7:30p FS Yin Yoga Bill | | | 6:30p-7:30p CR Yin Yoga Bill | 6:30p-7:30p FS Power Yoga Bill | | |

VIRTUAL GROUP EX

Workout ANYWHERE

ymcawnc.org/virtual-y

| Water Exercise Classes ∞ | | | | | |
|--|--|--|---|---|--|
| MON | TUES | WED | THUR | FRI | SUN |
| 9:10-10a Aqua Tabata Melissa | 9:10-10a Hydro burn Doreen | 9:10-10a Aqua Tabata Melissa | 9:10-10a Hydro burn Doreen | 9:10-10a Aqua Tabata Wendy | |
| 10:10-11a Cardio Splash Melissa | 10:10-11a Aqua Tabata Melissa | 10:10-11a Cardio Splash Melissa | | 10:10-11a Cardio Splash Melissa | |
| 11:10-12p Fluid Movement Linda | | 11:10-12p Fluid Movement Linda | | 11:10-12p Fluid Movement Melissa | 1:10- 2p Hydro burn Roxie |
| | 6:10- 7p Hydro burn Roxie | | 6:10-7p Hydro burn Roxie | | |