

# 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** 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.

**Cycle Express** A shorter version of our original Group Cycle Class designed to get your heart rate growing with sprint intervals and challenging climbs in a high intensity interval format.

**Athletic Conditioning** Intense cardio, strength, plyometric drills, and core work designed to improve performance in athletics and 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.

### Strength Fusion

This class combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. You

will sculpt your body with an emphasis on strength and balance while using a variety of equipment.

**Total Body Training** Want to burn fat, build muscle, and have fun? This 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, and 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!

## 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, and 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.

**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, and proper breathing techniques for a full body workout. **Note:** Please talk to your instructor before class if you have osteopenia/osteoporosis.

**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.



# GROUP EXERCISE

## JANUARY 2025

## ASHEVILLE YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Asheville YMCA**

30 Woodfin Street | 828-210-9622

[ymcawnc.org](http://ymcawnc.org)

## RESERVE YOUR SPOT

Required reservations open 26 hours  
in advance

Scan this code to download the



mobile app and get started!

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

ASHEVILLE GROUP EXERCISE SCHEDULE

JANUARY 2025

| MON                                                           | TUES                                                        | WED                                                          | THURS                                                      | FRI                                                        | SAT                                                                                                                                                                                         | SUN                                                    |
|---------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| 6:00am–6:55am<br>Body Pump–St<br>Roxanne mod/hi               | 6:15am–7:00am<br>Cycle–CS<br>Julie W. hi                    | 6:00am–6:55am<br>Body Pump–St<br>Roxanne mod/hi              | 6:15am–7:00am<br>Cycle– CS<br>Julie W. hi                  | 6:00am–6:55am<br>Body Pump–St<br>Karen mod/hi              | 8:15am-9:15am St<br>Body Balance –MP<br>Tracy/Karen mod ∞                                                                                                                                   | 12:30PM-1:30PM<br>Barre -St                            |
| 7:15am-8:15am<br>Body Balance MP<br>Tracy mod∞                | 8:30am–9:15am<br>Athletic Conditioning<br>O/S Suzanne hi !  | 7:15am-8:15am<br>Body Balance MP<br>Tracy mod∞               | 8:30am–9:30am<br>Athletic Conditioning–<br>O/S             | 8:30am–9:15am<br>Athletic Conditioning<br>O/S Suzanne hi ! | 8:30am-9:15am<br>TRX–MP<br>JD mod/                                                                                                                                                          | 1:00pm-2:00pm<br>Vinyasa Yoga –MP<br>Jen/Hannah mod/hi |
| 8:30am–9:15am<br>Athletic Conditioning<br>O/S Suzanne hi !    | 8:30am-9:30am<br>Flex & Stretch –GYM •<br>Shona M low       | 8:30am–9:15am<br>Athletic Conditioning<br>O/S Suzanne hi !   | 8:30am-9:30am<br>Flex & Stretch –GYM •<br>Shona M low      | 8:30a-9:30a<br>Low Impact Fitness<br>GYM Karen             | 9:00am-9:45am<br>Cycle –CS<br>Aileen hi                                                                                                                                                     | 1:45pm-2:45pm<br>Body Pump–St<br>Peter hi              |
| 8:30am-9:30am<br>Low Impact Fitness-<br>GYM • Cynthia low/mod | 9:00a-10:15am<br>Vinyasa Yoga– MP<br>Dede low/mod ∞         | 8:30am-9:20am<br>Low Impact Fitness<br>GYM<br>Karen low/mod  | 9:00am-10:15am<br>Vinyasa Yoga– MP<br>Becca low/mod        | 9:00am-9:45am<br>Cycle– CS<br>Becky hi                     | 9:30am–10:25am<br>Body Pump–St<br>Karen/ Roxanne hi                                                                                                                                         | 3:45p-4:45p<br>Gentle Yoga –MP •<br>Shonna C. low      |
| 9:00am-9:45am<br>Cycle– CS<br>Becky hi                        | 9:45am–10:45am<br>Pilates–St<br>Raven low/mod               | 9:00am-9:45am<br>Cycle– CS<br>Becky hi                       | 9:45a–10:45a<br>Pilates–St<br>Suzanne low/mod              | 9:30a–10:30a<br>Vinyasa Yoga–St<br>Jen mod\hi !            | 10:45am-11:45am<br>Hip Hop Fitness–St<br>Eleanor mod/hi ∞                                                                                                                                   |                                                        |
| 9:45am-10:45am<br>Booty Barre -St<br>Eva hi                   | 11:00am-11:45am<br>TRX– MP<br>Julie mod/hi                  | 9:45am-10:45am<br>Booty Barre -St<br>Eva hi                  | 11:00a-11:45a<br>TRX–MP<br>Julie W. mod/Hi                 | 10:30a-11:30a<br>Chair Yoga– MP<br>Becca low               | 12:00p–1:00p<br>Yogalates–St<br>Raven low/mod                                                                                                                                               |                                                        |
| 10:30am-11:30am<br>Chair Yoga– MP<br>Becca low                | 11:00a–11:45am<br>Body Pump Express–St<br>Karen mod/hi      | 10:30am-11:30am<br>Chair Yoga– MP<br>Dede low                | 11:00a–11:45a<br>Body Pump Express–St<br>Karen mod/hi      | 10:45am-11:45am<br>Body Pump<br>Kristina– St mod/hi        | <div>Family Friendly Cardio Dance</div> <div>11:15-12:00 January 18th</div> <div>Family Zumba (Spanish/English)</div> <div>11:15am-12:15pm January 25th</div> <div>Open to the Public</div> |                                                        |
| 11:00am-11:50am<br>Total Body Training– St<br>Suzanne mod     | 12:00p-1:00p<br>Body Balance MP<br>Shona M mod∞             | 11:00a-11:50a<br>Total Body Training– St<br>Suzanne mod      | 12:00p-1:00p<br>Body Balance MP<br>Shona M mod ∞           | 12:00pm-1:00pm<br>Zumba–St ∞<br>Delia Rose mod/hi ∞        |                                                                                                                                                                                             |                                                        |
| 12:00pm-12:45pm<br>TRX–MP<br>Suzanne mod/hi                   | 12:00pm-1:00pm<br>Strength Fusion– ST •<br>Kristina low/mod | 12:00pma–1:00pm<br>Zumba–St ∞<br>Rico mod/hi ∞               | 12:00pm-1:00pm<br>Strength Fusion– ST•<br>Kristina low/mod | 12:00pm-12:45pm<br>TRX–MP<br>Shona M mod/hi                |                                                                                                                                                                                             |                                                        |
| 4:00pm–5:15pm<br>Vinyasa Yoga–MP<br>Vinný low/mod             | 5:00pm–5:45pm<br>TRX– MP<br>Becca mod/hi                    | 12:00pm-12:30pm<br>Cycle Express– CS<br>Suzanne hi           | 5:00pm–5:45pm<br>TRX–MP<br>Becca mod/hi                    | 12:30pm-1:00pm<br>Cycle Express– CS<br>Suzanne hi          | <div>VIRTUAL GROUP EX</div> <div>Workout ANYWHERE</div> <div><a href="https://ymca360.org/">https://ymca360.org/</a></div>                                                                  |                                                        |
| 4:15pm–5:15pm<br>Body Pump St<br>Laura R mod                  | 4:30p–5:30pm<br>Vinyasa Yoga–St<br>Jen Wen                  | 12:00pm-12:45pm<br>TRX–MP<br>Becca mod/hi                    | 4:30pm–5:30pm<br>Vinyasa Yoga–St<br>Vinita low/mod         | 1:15pm-2:15pm<br>Pilates- St<br>Suzanne mod                |                                                                                                                                                                                             |                                                        |
| 5:30pm–6:30pm<br>Zumba–St ∞<br>Delia Rose mod/hi ∞            | 5:45pm-6:30pm<br>Body Combat– St<br>Tracy hi                | 4:00pm–5:15pm<br>Vinyasa Yoga–MP<br>Joe mod                  | 5:45pm-6:30pm<br>Body Combat– St<br>Tracy hi               | 4:00pm-5:00pm<br>Power Yoga– MP<br>Becca High              |                                                                                                                                                                                             |                                                        |
| 5:30pm–6:15pm<br>Athletic Conditioning O<br>James hi !        | 5:45pm-6:30pm<br>Cycle– CS<br>Daniel hi                     | 4:15pm–5:15pm<br>Body Pump St<br>Laura R mod/hi              | 5:45pm-6:30pm<br>Cycle– CS<br>JD hi                        |                                                            |                                                                                                                                                                                             |                                                        |
| 5:45pm-6:30pm<br>Cycle– CS<br>Katie hi                        | 6:00pm–7:00pm<br>Slow Flow Yoga–MP •<br>Brittany low ∞      | 5:30pm-6:30pm<br>Hip Hop Fitness –St<br>Laura/Eleanor mod/hi | 6:00pm–7:00pm<br>Slow Flow Yoga–MP •<br>Becca low ∞        |                                                            |                                                                                                                                                                                             |                                                        |
|                                                               | 6:45pm–7:45pm<br>Zumba–St ∞<br>Delia Rose mod/hi ∞          | 5:30p–6:15p<br>Athletic Conditioning O<br>James hi !         | 6:45pm–7:45pm<br>Zumba–St ∞<br>Nikki mod/hi ∞              |                                                            |                                                                                                                                                                                             |                                                        |
|                                                               |                                                             | 5:45pm-6:30pm<br>Cycle– CS<br>Gillian hi                     |                                                            |                                                            |                                                                                                                                                                                             |                                                        |

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)

Gym

 Gymnasium

ST

 Studio

MP

 Multi Purpose Room

CS

 Cycle 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 •<br>Shonna C. hi | 9:00a-9:50a<br>Hydro Burn •<br>Cece hi           | 9:30a-10:20a<br>Hydro Burn •<br>Shonna C. hi | 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 Movement<br>Shonna hi | 10:00a-10:50a<br>Cardio Splash •<br>Cece low/mod | 10:30a-11:20a<br>Fluid Movement<br>Shonna hi | 10:00a-10:50a<br>Cardio Splash •<br>Cece low/mod | 9:30a-10:20a<br>Cardio Splash •<br>Dee low/mod    |
| 2:00p-3:00p<br>Hydro Burn •<br>Dee hi        | 2:00p-3:00p<br>Deep Water •<br>Fitness<br>Amy hi | 2:00p-3:00p<br>Hydro Burn •<br>Dee hi        | 2:00p-3:00p<br>Deep Water •<br>Fitness<br>Amy hi | 10:30a-11:20a<br>Fluid Movement •<br>Dee low      |
|                                              |                                                  |                                              |                                                  | 2:00p-3:00p<br>Hydro Burn •<br>Dee hi             |