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.

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

JUNE 2026

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!

CENTER HOURS

Mon-Thur	5:00 a.m. - 10:00 p.m.
Fri	5:00 a.m. - 9:00 p.m.
Sat	7:00 a.m. - 7:00 p.m.
Sun	9:00 a.m. - 5:00 p.m.

CHILDCARE HOURS

Mon-Thur	8:00 a.m. - 1:30 p.m.
	3:30 p.m. - 7:30 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 May 2026

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am–6:55am **Body Pump–St** **Roxanne** mod/hi	6:15am–7:00am **Cycle–CS** **Julie W.** hi	6:00am–6:55am **Body Pump–St** **Roxanne** mod/hi	6:15am-7:00am **Cycle– CS** **Julie W.** hi	6:00am–6:55am **Body Pump–St** **Karen** mod/hi	8:15am-9:15am St **Body Balance –ST** **Tracy/Karen mod** ∞	9:30am-10:30am **Body Pump Heavy** **Kristina– St** mod/hi
7:15am-8:15am **Body Balance MP** **Tracy** mod∞	8:30am–9:15am **Athletic Conditioning** **O/S Suzanne** hi !	**7:15am-8:15am** **Body Balance MP** **Tracy** mod∞	8:30am–9:30am **Athletic Conditioning–** **O/S**	8:30am–9:15am **Athletic Conditioning** **O/S Suzanne** hi !	9:00am-9:45am **Cycle –CS** **Aileen** hi	12:30pm-1:30pm **Vinyasa Yoga –ST** **Jen/Hannah** mod/hi
8:30am–9:15am **Athletic Conditioning** **O/S Suzanne** hi !	8:30am-9:30am **Flex & Stretch -** **GYM •**	8:30am–9:15am **Athletic Conditioning** **O/S Suzanne** hi !	8:30am-9:30am **Flex & Stretch -GYM •** **Shona M** low	8:30a-9:30a **Low Impact Fitness** **GYM Karen**	9:30am–10:25am **Body Pump–St** **Karen/ Roxanne** hi	1:45pm-2:45pm **Body Pump–St** **Peter** hi
8:30am-9:30am **Low Impact Fitness-** **GYM • Cynthia** low/mod	9:00a-10:15am **Gentle Yoga– MP** **Dede** low/mod ∞	8:30am-9:20am **Low Impact Fitness** **GYM**	9:00am-10:15am **Vinyasa Yoga– MP** **Becca** low/mod	9:00am-9:45am **Cycle– CS** **Becky** hi	10:45am-11:45am **Hip Hop Fitness–St** **Eleanor** mod/hi ∞	3:45p-4:45p **Gentle Yoga –ST •** **Shonna C.** low
9:00am-9:45am **Cycle– CS** **Becky** hi	9:45am–10:45am **Pilates–St** **Raven** low/mod	9:00am-9:45am **Cycle– CS** **Becky** hi	9:45a–10:45a **Core Conditioning–St** **Suzanne** low/mod	9:30a–10:30a **Vinyasa Yoga–St** **Jen mod\hi !**	12:00p–1:00p **Yogalates–St** **Raven** low/mod	
9:45am-10:45am **Booty Barre -St** **Eva** hi	11:00am-11:45am **TRX– MP** **Julie** mod/hi	9:45am-10:45am **Booty Barre -St** **Eva** hi	11:00a-11:45a **TRX–MP** **Julie W.** mod/Hi	10:30a-11:30a **Chair Yoga– MP** **Becca** low		
10:30am-11:30am **Chair Yoga– MP** **Becca** low	11:00a–11:45am **Body Pump Express–St** **Karen** mod/hi	10:30am-11:30am **Chair Yoga– MP** **Dede** low	11:00a–11:45a **Body Pump Express–St** **Karen** mod/hi	10:45am-11:45am **Body Pump** **Kristina– St** mod/hi		
12:00pma–1:00pm **Zumba & Tone–St** ∞ **Sheila** mod/hi ∞	12:00p-1:00p **Body Balance MP** **Shona M** mod∞	11:00a-11:50a **Total Body Training– St** **Suzanne** mod	12:00p-1:00p **Body Balance MP** **Shona M** mod ∞	12:00pm-1:00pm **Zumba–St** ∞ **Delia Rose** mod/hi ∞		
11:00am-11:50am **Total Body Training– St** **Suzanne** mod	12:00pm-1:00pm **Strength Fusion– ST •** **Kristina** low/mod	12:00pma–1:00pm **Zumba–St** ∞ **Rico** mod/hi ∞	12:00pm-1:00pm **Strength Fusion– St•** **Kristina** low/mod	12:00pm-12:45pm **TRX–MP** **Shona M** mod/hi		
12:00pm-12:45pm **TRX-MP** **Suzanne** mod/hi	4:30pm-5:15pm **TRX– MP** **Becca** mod/hi	12:00pm-12:30pm **Cycle Express– CS** **Suzanne** hi	4:30pm-5:15pm **TRX–MP** **Becca** mod/hi	12:30pm-1:00pm **Cycle Express– CS** **Suzanne** hi		
4:00pm–5:15pm **Vinyasa Yoga–MP** **Vinny** low/mod	4:30p–5:30pm **Vinyasa Yoga–St** **Jen Wen**	12:00pm-12:45pm **TRX-MP** **Becca** mod/hi	4:30pm–5:30pm **Vinyasa Yoga–St** **Vinita** low/mod	1:15pm-2:15pm **Core Conditioning- St** **Suzanne** mod		
4:15pm–5:15pm **Body Pump St** **Laura R** mod	5:45pm-6:30pm **Body Combat– St** **Tracy** hi	4:00pm–5:15pm **Vinyasa Yoga–MP** **Joe** mod	5:45pm-6:30pm **Body Combat– St** **Tracy** hi	4:00pm-5:00pm **Power Yoga– MP** **Becca** High		
5:30pm–6:30pm **Zumba–St** ∞ **Delia Rose** mod/hi ∞	5:45pm-6:30pm **Cycle– CS** **Daniel** hi	4:15pm–5:15pm **Body Pump St** **Laura R** mod/hi	5:45pm-6:30pm **Cycle– CS** **JD** hi			
5:30pm–6:15pm **Athletic Conditioning O** **James** hi !	6:00pm–7:00pm **Slow Flow Yoga–MP •** **Brittany** low ∞	5:30pm–6:30pm **Body Pump HEAVY St** **Kristina** mod/hi	6:00pm–7:00pm **Slow Flow Yoga–MP •** **Willow** low ∞			
5:45pm-6:30pm **Cycle– CS** **Katie** hi	6:45pm–7:45pm **Zumba–St** ∞ **Delia Rose** mod/hi ∞	5:30p–6:15p **Athletic Conditioning O** **James** hi !				
		5:45pm-6:30pm **Cycle– CS** **Gillian** hi				
		6:45m-7:35pm **Hip Hop Fitness –St** **Eleanor** mod/hi ∞				

Family Hip Hop

11:15-12:00pm June 7th

Family Zumba (Spanish/English)

11:15am-12:15pm June 21st

Open to the Public

VIRTUAL GROUP EX

Workout ANYWHERE

https://ymca360.org/

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)
MP 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 **Hydro Burn •** **Shonna C.** hi	2:00p-3:00p **Deep Water • Fitness** **Amy** hi	9:30a-10:20a **Hydro Burn •** **Shonna C.** hi	9:00a-9:50a **Hydro Burn •** **Shonna** hi	08:30a-9:20a **Deep Water • Fitness** **Amy** hi
10:30a-11:20a **Fluid Movement** **Shonna** hi		10:30a-11:20a **Fluid Movement** **Shonna** hi	10:00a-10:50a **Aqua Zumba •** **Lena** low/mod	9:30a-10:20a **Cardio Splash •** **Karen** low/mod
2:00p-3:00p **Hydro Burn •** **Karen** hi		2:00p-3:00p **Hydro Burn •** **Dee** hi	2:00p-3:00p **Deep Water • Fitness** **Amy** hi	10:30a-11:20a **Fluid Movement •** **Kareb** low
				2:00p-3:00p **Hydro Burn •** **Dee** hi