

# 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.

**NIA** - A dance movement class for all ages and abilities, non-impact yet great workout, safe on back, knees and hips, similar to Zumba or Groove, incorporates martial, dance and healing arts -- lots of fun and great music!

## 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.

**Aqua Power Fusion** - advanced aquatic workout designed to challenge and transform. This high-energy class combines intense cardio and strength training, all within the natural resistance of water. Engage in a dynamic mix of interval and HIIT training to build strength, boost endurance, and enhance overall fitness.

**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.

**Hydro burn** - 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.

## COMBINATION

**Strength Fusion** - 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.

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

**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.

**Ageless Grace Brain Health** is a seated class for all ages and abilities that stimulates all 5 functions of your brain through fun, playful and innovative movements and great music! The evidence-based program uses 21 tools or exercises to activate your entire body and brain

**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!

**Les Mill's BODYPUMP** - Using light to moderate weights with lots of repetition, A total body workout. Ages 16+

**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.

**Yoga Sculpt** - A workout flow designed to develop strength, muscle tone, endurance, and balance. This moderately paced workout will combine body weight, dumbbells, and resistance band training experiencing elements of yoga, Pilates, aerobics, and strength training.

**Les Mill's Shapes** - a low-impact strength class that brings the burn. Drawing inspiration from Pilates, Barre, and Power Yoga, this is the definition of 'work hard, play hard'.

## CARDIO

**Les Mill's BODYCOMBAT** - high energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Ages 13+

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

## 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.

**Chair Yoga** - Stretch, breathe and relax without having to get up and down from the floor. This class is ideal for anyone with mobility concerns or may be recovering from an injury.

**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. contact Sharon Murnane if you are interested in attending any of the meetings. smurnane492@gmail.com



# GROUP EXERCISE

May 2026

HENDERSONVILLE FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Hendersonville Family YMCA

810 W 6th Ave | 828.697.9622

## 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  | 8:00 am - 12:00 pm |
| Mon - Thur | 3:30 pm - 7:30 pm  |
| Sat.       | 8:00 am - 12:00 pm |
| Sun.       | Closed             |

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|--|---|--|--|--|---|---|
| 5:45 – 6:30a <b>G ! HIIT</b><br>Todd                         | 5:45-6:30a <b>FS Les Mills BODYPUMP Express</b><br>Mimi | 7:00 – 7:45a <b>FS Les Mill's SHAPES</b><br>Ann              | 5:45-6:30a <b>FS Les Mills BODYPUMP Express</b><br>Mimi  | 5:45 – 6:30a <b>G ! HIIT</b><br>Todd                           |   |   |
| 8:00 - 8:45a <b>G Pilates</b><br>Lee                         |   | 8:00 – 8:45a <b>G Pilates</b><br>Lee                         |  | 7:00 – 7:45a <b>FS Les Mill's SHAPES</b><br>Ann                | 8:30–9:15a <b>CS ∞ Cycle</b><br>Claire                          |   |
| 8:00 - 8:45a <b>CR ! Les Mill's BODYCOMBAT</b><br>Allyson    | 8:00 - 8:45a <b>FS ∞ Rise and Shine</b><br>Lee          | 8:00 - 8:45a <b>CR ! Les Mill's BODYCOMBAT</b><br>Allyson    | 8:00-8:45a <b>FS ∞ Rise and Shine</b><br>Lee             | 8:00– 8:45a <b>G Pilates</b><br>Wendy                          | 8:30 - 9:15a <b>FS ! Les Mills BODYCOMBAT</b><br>Ashley/Allyson |   |
| 8:00-8:45a <b>FS Les Mills BODYPUMP Express</b><br>Ann       | 9:00 - 9:55a <b>O/G ! Athletic Conditioning</b><br>Leo  | 8:00-8:45a <b>FS Les Mills BODYPUMP Express</b><br>Ann       | 9:00–9:55a <b>O/G ! Athletic Conditioning</b><br>Leo     | 8:00 - 8:45a <b>FS ! Les Mill's BODYCOMBAT</b><br>Allyson      | 9:00 - 9:55a <b>O/G ! Athletic Conditioning</b><br>Leo          | 12:00 -1:00p <b>FS Yoga Sculpt</b><br>Bill      |
| 9:00 – 9:45a <b>FS Les Mill's SHAPES</b><br>Ashley           | 9:00 – 9:45a <b>FS ∞ Step</b><br>Kelly                  | 9:00 – 9:45a <b>FS Les Mill's SHAPES</b><br>Ashley           | 9:00– 9:45a <b>FS ∞ Step</b><br>Kelly                    | 9:00–9:45a <b>FS NIA</b><br>Denise                             | 9:30-10:20p <b>FS ∞ Zumba</b><br>Therese                        | 1:15p-2:15p <b>FS Power Yoga</b><br>Bill        |
| 9:00– 9:45a <b>CS ∞ Cycle</b><br>Carrie                      | 9:00– 9:45a <b>CS ∞ Cycle</b><br>Mary                   |  | 9:00– 9:45a <b>CS ∞ Cycle</b><br>Carrie                  | 9:00– 9:45a <b>CS ∞ Cycle</b><br>Mary                          | 10:30–11:30a <b>FS Vinyasa Yoga</b><br>Lindsay                  | 3:00-4:00a <b>FS Slow Flow Yoga</b><br>Meredith |
| 9:00–9:45a <b>G ∞ TRX</b><br>Caryl                           | 10:00–10:45a <b>G ∞ Cardio Dance</b><br>Helen           | 9:00 - 9:45a <b>G ∞ TRX</b><br>Mary                          | 10:00–10:45a <b>G ∞ Cardio Dance</b><br>Helen            | 9:00–9:45a <b>G ∞ TRX</b><br>Roswitha                          | 11:30–12:30a <b>FS Hip Hop Fitness</b><br>Katie                 |   |
| 10:00–10:45a <b>G ∞ TRX</b><br>Caryl                         | 10:00-10:45a <b>FS ∞ Barre</b><br>Debby                 |  | 10:00-10:45a <b>FS ∞ Barre</b><br>Ann                    | 10:00–10:45a <b>G ∞ TRX</b><br>Trista                          |   |   |
| 10:00-10:45a <b>FS Les Mills BODYPUMP Express</b><br>Allyson |   | 10:00-10:45a <b>FS Les Mills BODYPUMP Express</b><br>Allyson | 11:00-11:45a <b>FS Les Mills BODYPUMP Express</b><br>Ann | 10:00-10:45a <b>FS Les Mills BODYPUMP Express</b><br>Christina |   |   |
| 11:00-11:55a <b>G Gentle Yoga</b><br>Lee                     | 12:00– 12:55p <b>FS Tai Chi</b><br>Sharon               | 11:00-11:55a <b>G Gentle Yoga</b><br>Nancy                   | 12:00– 12:55p <b>FS Tai Chi</b><br>Sharon                | 11:00-11:55a <b>G Gentle Yoga</b><br>Christina                 |   |   |
| 11:15-12:00p <b>FS ∞ Barre</b><br>Debby                      | 1:00-2:00a <b>FS Slow Flow Yoga</b><br>Regina           | 11:15-12:00p <b>FS ∞ Barre</b><br>Debby                      | 1:00-2:00a <b>FS Slow Flow Yoga</b><br>Regina            | 12:15 – 1:00p <b>FS Pilates</b><br>Linda                       |   |   |
| 12:15–1:10p <b>G Low Impact Fitness</b><br>Linda             | 2:15-3:15p <b>FS/CR Chair Yoga</b><br>Regina            | 12:15–1:10p <b>G Low Impact Fitness</b><br>Linda             | 2:15-3:15p <b>FS/CR Chair Yoga</b><br>Regina             | 12:15–1:10p <b>G Low Impact Fitness</b><br>Roxie               |   |   |
|  |   | 2:30–3:30p <b>CR Ageless Grace</b><br>Denise/Doreen          |  |  |   |   |
| 4:00 – 4:45a <b>FS Les Mill's SHAPES</b><br>Mirra            | 4:00-4:45p <b>FS Strength Fusion</b><br>Melissa         | 4:00 – 4:45a <b>FS Les Mill's SHAPES</b><br>Mirra            | 4:00-4:45p <b>FS Strength Fusion</b><br>Melissa          |  |   |   |
| 5:00-6:00p <b>FS Les Mills BODYPUMP</b><br>Emily C           | 5:00– 5:55p <b>FS ! Les Mill BODYCOMBAT</b><br>Ashley   | 5:00-6:00p <b>FS Les Mills BODYPUMP</b><br>Emily C           | 5:00– 5:55p <b>FS ! Les Mill BODYCOMBAT</b><br>Ashley    | 5:00-6:00p <b>FS Les Mills BODYPUMP</b><br>Kathy               |   |   |
|  | 6:00– 6:55p <b>FS ∞ Zumba</b><br>Therese                | 5:00– 5:45p <b>CS ∞ Cycle</b><br>Claire                      | 6:00– 6:55p <b>FS ∞ Zumba—Bilingual</b><br>Carmen V      |  |   |   |
| 6:30p-7:30p <b>FS Yin Yoga</b><br>Bill                       | 7:00–8:00p <b>FS Vinyasa Yoga</b><br>Elle               |  | 7:00– 8:00p <b>FS Vinyasa Yoga</b><br>Elle               |  |   |   |

# HENDERSONVILLE GROUP EXERCISE SCHEDULE

May

## 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

## EVENTS

Remember to Register at the membership desk to join!

## CLUBS

- **Tai Chi Club—Advanced:**  
Every Wed & Fri 1:15-2:15p
- **Crafting Club:**  
Last Fri. of every Month 4-5:30p
- **Book Club:**  
Last Wed. of every Month 4-5p

## Water Exercise Classes ∞

| MON   | TUES   | WED   | THUR                                    | FRI   | SUN                                    |
|---|--|---|---|---|--|
| 9:10-10a<br><b>Aqua Tabata</b><br>Melissa     | 9:10-10a<br><b>Hydro burn</b><br>Doreen          | 9:10-10a<br><b>Aqua Tabata</b><br>Melissa     | 9:10-10a<br><b>Hydro burn</b><br>Doreen | 9:10-10a<br><b>Aqua Tabata</b><br>Wendy     |  |
| 10:10-11a<br><b>Cardio Splash</b><br>Melissa  | 10:10-11a<br><b>Aqua Power Fusion</b><br>Melissa | 10:10-11a<br><b>Cardio Splash</b><br>Melissa  |   | 10:10-11a<br><b>Cardio Splash</b><br>Wendy  |  |
| 11:10-12p<br><b>Fluid Movement</b><br>Melissa |  | 11:10-12p<br><b>Fluid Movement</b><br>Melissa |   | 11:10-12p<br><b>Fluid Movement</b><br>Wendy | 1:10– 2p<br><b>Hydro burn</b><br>Roxie |
|   | 6:10– 7p<br><b>Hydro burn</b><br>Roxie           |   | 6:10-7p<br><b>Hydro burn</b><br>Roxie   |   |  |