

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.

BODYPUMP HEAVY—tempo based strength training program by Les Mills that focuses on lifting heavier weights at a slower pace, compared to the traditional BODYPUMP class which emphasizes endurance with higher reps. It uses slower tempos, longer recovery periods, and includes techniques like super-setting to challenge strength and build lean muscle. The program is designed to be approachable for all levels, combining group energy with iconic music, and is led by certified instructors to ensure proper form and technique.

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.

CORE CONDITIONING: A muscle toning class that focuses on your core through trunk stability and strength.

DANCE

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

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

JULY 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

JULY 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∞ | 8:00am-8:45am Athletic Condition- ing O/S Suzanne hi ! | 7:15am-8:15am Body Balance MP Tracy mod∞ | 8:30am-9:45am Athletic Conditioning O/S Julie hi ! | 8:00am-8:45am Athletic Condition- ing O/S Suzanne hi ! | 9:00am-9:45am Cycle -CS Aileen hi | 12:30pm-1:30pm Vinyasa Yoga -ST Jen/Hannah mod/ |
| 8:00am-8:45am Athletic Conditioning O/S Suzanne hi ! | 8:30am-9:30am Flex & Stretch - GYM • Shona M low | 8:00am-8:45am 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 Karen low/mod | 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/ | 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 Ex- press-St | 10:00am-11:00am Chair Yoga- MP Dede low | 11:00a-11:45a Body Pump Express- St | 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 | 12:00pm-1:00pm Strength Fusion- ST • Kristina low/ | 12:00pma-1:00pm Zumba- St ∞ | 12:00pm-1:00pm Strength Fusion- St • Kristina low/mod | 12:00pm-12:45pm TRX-MP | | |
| 12:00pm-12:45pm TRX-MP | 4:30pm-5:15pm TRX- MP | 12:00pm-12:30pm Cycle Express- CS | 4:30pm-5:15pm TRX-MP | 12:30pm-1:00pm Cycle Express- CS | | |
| 4:00pm-5:15pm Vinyasa Yoga-MP | 4:30p-5:30pm Vinyasa Yoga-St | 12:00pm-12:45pm TRX-MP | 4:30pm-5:30pm Vinyasa Yoga-St | 1:15pm-2:15pm Core Conditioning- | | |
| 4:15pm-5:15pm Body Pump St | 5:45pm-6:30pm Body Combat- St | 4:00pm-5:15pm Vinyasa Yoga-MP | 5:45pm-6:30pm Body Combat- St | 4:00pm-5:00pm Power Yoga- MP | | |
| 5:30pm-6:30pm Zumba- St ∞ | 5:45pm-6:30pm Cycle- CS | 4:15pm-5:15pm Body Pump St | 5:45pm-6:30pm Cycle- CS | | | |
| 5:30pm-6:15pm Athletic Conditioning O James hi ! | 6:45pm-7:45pm Zumba- St ∞ | 5:30pm-6:30pm Body Pump HEAVY St Kristina mod/hi | 6:00pm-7:00pm Slow Flow Yoga- MP • | | | |
| 5:45pm-6:30pm Cycle- CS Katie hi | | 5:30p-6:15p Athletic Conditioning O James hi ! | 6:45pm-7:45pm Body Pump HEAVY St Caitlin mod/hi | | | |
| 6:00pm-7:00pm Slow Flow Yoga- | | 5:45pm-6:30pm Cycle- CS | | | | |
| | | 6:45m-7:35pm | | | | |

Family Zumba (Spanish/English)
11:15am-12:15pm July 19th
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

hi - 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 | 9:00a-9:50a Hydro Burn • Elizabeth 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 Move- ment Shonna hi | 10:00a-10:50a Cardio Splash • Elizabeth low/ mod | 10:30a-11:20a Fluid Move- ment Shonna hi | 10:00a-10:50a Aqua Zumba • Lena low/mod | 9:30a-10:20a Cardio Splash • Karen low/mod |
| 2:15p-3:05p Hydro Burn • Dee hi | 2:15p-3:05p Deep Water • Fitness Amy hi | | 2:15p-3:05p Deep Water • Fitness Amy hi | 10:30a-11:20a Fluid Move- ment • Karen low |
| | | | | 2:15p-3:05p Hydro Burn • Dee hi |