

# 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

SEPTEMBER 2026

ASHEVILLE YMCA

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 | 5:00 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.<br>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

SEPTEMBER 2026

| 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 –ST<br>Tracy/Karen mod ∞                                                                                                                                                                                               | 9:30am–10:30am<br>Body Pump Heavy<br>Kristina– St mod/hi |
| 7:15am–8:15am<br>Body Balance MP<br>Tracy mod∞                    | 8:30am–9:15am<br>Athletic Condition-<br>ing<br>O/S Suzanne hi !        | 7:15am–8:15am<br>Body Balance MP<br>Tracy mod∞                  | 8:30am–9:15am<br>Athletic Conditioning<br>O/S Julie hi !           | 8:30am–9:15am<br>Athletic Condition-<br>ing<br>O/S Suzanne hi ! | 9:00am–9:45am<br>Cycle –CS<br>Aileen hi                                                                                                                                                                                                                 | 12:30pm–1:30pm<br>Vinyasa Yoga –ST<br>Jen/Hannah mod/    |
| 8:30am–9:15am<br>Athletic Conditioning<br>O/S Suzanne hi !        | 8:30am–9:30am<br>Flex & Stretch -<br><b>GYM •</b><br>Shona M low       | 8:30am–9:15am<br>Athletic Condition-<br>ing<br>O/S Suzanne hi ! | 8:30am–9:30am<br>Flex & Stretch -<br><b>GYM •</b><br>Shona M low   | 8:30a–9:30a<br>Low Impact Fitness<br>GYM Karen<br>Karen low/mod | 9:30am–10:25am<br>Body Pump–St<br>Karen/ Roxanne hi                                                                                                                                                                                                     | 1:45pm–2:45pm<br>Body Pump–St<br>Peter hi                |
| 8:30am–9:30am<br>Low Impact Fitness-<br><b>GYM • Cynthia</b> low/ | 9:00a–10:15am<br>Gentle Yoga– MP<br>Dede low/mod ∞                     | 8:30am–9:20am<br>Low Impact Fitness<br>GYM                      | 9:00am–10:15am<br>Vinyasa Yoga– MP<br>Becca low/mod                | 9:00am–9:45am<br>Cycle– CS<br>Becky hi                          | 9:45am–10:45am<br>Yogalates–MP<br>Raven low/mod                                                                                                                                                                                                         |                                                          |
| 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>Core Conditioning–St<br>Suzanne low/mod            | 8:45a–9:45a<br>Vinyasa Yoga–MP<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                                 | 11:00am–11:45am<br>TRX– MP                                             | 9:45am–10:45am<br>Booty Barre -St                               | 11:00a–11:45a<br>TRX–MP                                            | 10:00a–11:00a<br>Chair Yoga– MP                                 | <div>Family Zumba (Spanish/English)</div> <div>11:15am–12:15pm September</div> <div>16th</div> <div>Open to the Public</div> <div>VIRTUAL GROUP EX</div> <div>Workout ANYWHERE</div> <div><a href="https://ymca360.org/">https://ymca360.org/</a></div> |                                                          |
| 10:00am–11:00am<br>Chair Yoga– MP<br>Becca low                    | 11:00a–11:45am<br>Body Pump Ex-<br>press–St<br>Karen mod/hi            | 10:00am–11:00am<br>Chair Yoga– MP<br>Dede low                   | 11:00a–11:45a<br>Body Pump Express–<br>St<br>Karen mod/hi          | 9:30am–10:30am<br>Body Pump Heavy<br>Kristina– St mod/hi        |                                                                                                                                                                                                                                                         |                                                          |
| 12:00pma–1:00pm<br>Zumba & Tone– <b>St</b> ∞<br>Sheila mod/hi ∞   | 12:00p–1:00p<br>Body Balance MP<br>Shona M mod∞                        | 11:00a–11:50a<br>Total Body Training<br>– St<br>Suzanne mod     | 12:00p–1:00p<br>Body Balance MP<br>Shona M mod ∞                   | 10:45a m–11:45am<br>Body Pump<br>Kristina– St mod/hi            |                                                                                                                                                                                                                                                         |                                                          |
| 11:00am–11:50am<br>Total Body Training–<br>St<br>Suzanne mod      | 12:00pm–1:00pm<br>Strength Fusion–<br><b>ST • Kristina</b> low/<br>mod | 12:00pma–1:00pm<br>Zumba– <b>St</b> ∞<br>Rico mod/hi ∞          | 12:00pm–1:00pm<br>Strength Fusion– <b>St</b> •<br>Kristina low/mod | 12:00pm–1:00pm<br>Zumba– <b>St</b> ∞<br>Delia Rose mod/hi       |                                                                                                                                                                                                                                                         |                                                          |
| 12:00pm–12:45pm<br>TRX–MP<br>Suzanne mod/hi                       | 4:30pm–5:15pm<br>TRX– MP<br>Becca mod/hi                               | 12:00pm–12:30pm<br>Cycle Express– CS<br>Suzanne hi              | 4:30pm–5:15pm<br>TRX–MP<br>Becca mod/hi                            | 12:00pm–12:45pm<br>TRX–MP<br>Shona M mod/hi                     |                                                                                                                                                                                                                                                         |                                                          |
| 4:00pm–5:15pm<br>Vinyasa Yoga–MP<br>Vinn y low/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                 | 12:30pm–1:00pm<br>Cycle Express– CS<br>Suzanne hi               |                                                                                                                                                                                                                                                         |                                                          |
| 4:15pm–5:15pm<br>Body Pump St<br>Laura R mod                      | 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                       | 1:15pm–2:15pm<br>Core Conditioning-<br>St<br>Suzanne mod        |                                                                                                                                                                                                                                                         |                                                          |
| 5:30pm–6:30pm<br>Zumba– <b>St</b> ∞                               | 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                                | 4:00pm–5:00pm<br>Power Yoga– MP<br>Becca High                   |                                                                                                                                                                                                                                                         |                                                          |
| 5:30pm–6:15pm<br>Athletic Conditioning<br>O Staff hi !            | 6:45pm–7:45pm<br>Zumba– <b>St</b> ∞<br>Delia Rose mod/hi               | 5:30pm–6:30pm<br>Body Pump HEAVY<br>St                          | 6:00pm–7:00pm<br>Slow Flow Yoga– <b>MP •</b><br>Jen low ∞          |                                                                 |                                                                                                                                                                                                                                                         |                                                          |
| 5:45pm–6:30pm<br>Cycle– CS<br>Katie hi                            |                                                                        | 5:30p–6:15p<br>Athletic Condition-<br>ing O Micayla hi !        | 6:45pm–7:45pm<br>Body Pump HEAVY St<br>Caitlin mod/hi              |                                                                 |                                                                                                                                                                                                                                                         |                                                          |
| 6:00pm–7:00pm<br>Slow Flow Yoga–<br><b>MP •</b><br>Brittany low ∞ |                                                                        | 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)

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<br><b>Deep Water •</b><br>Fitness<br>Amy hi | 9:00a–9:50a<br><b>Hydro Burn •</b><br>Elizabeth hi           | 9:30am–10:20am<br><b>Hydro Burn •</b><br>Dee hi | 10:00a–10:50a<br>Aqua<br><b>Zumba •</b><br>Lena low/mod | 08:30a–9:20a<br><b>Deep Water •</b><br>Fitness<br>Amy hi |
|                                                          | 10:00a–10:50a<br>Cardio<br><b>Splash •</b><br>Elizabeth low/ |                                                 | 2:00p–3:00p<br><b>Deep Water •</b><br>Fitness<br>Amy hi | 9:30a–10:20a<br><b>Cardio Splash •</b><br>Karen low/mod  |
|                                                          | 2:00p–3:00p<br><b>Deep Water •</b><br>Fitness<br>Amy hi      |                                                 |                                                         | 10:30a–11:20a<br>Fluid Move-<br>ment •<br>Karen low      |
| 2:00p–3:00p<br><b>Hydro Burn •</b><br>Dee hi             |                                                              |                                                 |                                                         | 2:00p–3:00p<br><b>Hydro Burn •</b><br>Dee hi             |