

GROUP EXERCISE CLASS DESCRIPTIONS

CARDIO / STRENGTH

BODYPUMP 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,

BODYCOMBAT - a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

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.

Athletic Conditioning Intense cardio, strength, plyometric drills, & core work designed to improve performance in athletics & everyday activities.

Low Impact Fitness this class is geared toward active older adults & can be performed seated or standing. Cardio, strength, & flexibility are included in this format.

Barre Taking the hottest trend in 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!

TRX- Suspension Training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

Shapes Les Mills Shapes is 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'.

Ageless Grace 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.

Rise and 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.

DANCE

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

Cardio Dance- If you love to dance and workout, this class if 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.

Hip Hop Fitness A dance-based cardio & toning program that blends various hip hop & dancehall moves to strengthen the core & lower body.

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**

Fluid Movement Suitable for all fitness levels, this class offers walking & range of motion exercises to increase mobility, flexibility, balance & endurance. Great for participants with joint & mobility limitations.

Hydro Burn high intensity water workout that will test your limits, get your heart pumping & your muscles moving without the impact on your joints.

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 the ultimate 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. Using aqua dumbbells and other innovative equipment, you'll engage in a dynamic mix of interval and HIIT training to build strength, boost endurance, and enhance overall fitness.

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.

MIND / BODY

Vinyasa Yoga Classical Hatha Yoga practice including breathing (pranayama), relaxation, sun salutations & postures (asanas).

Power Yoga An active yoga style that moves more quickly through yoga poses building heat, strength, & flexibility. Poses are linked together with vinyasa. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

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.

Flex & Stretch A class designed to actively stretch the body so that it maintains optimal mobility and range of motion. incorporates core training, stretching & proper breathing techniques for a full body workout. Note: Please talk to your instructor before class if you have osteopenia/osteoporosis.

Gentle Yoga A yoga class for anyone seeking relaxation. This class will work through the fundamentals of yoga including postures, alignment, and breathing. This is a great class for beginners or those wanting restful movement.

Slow Flow Yoga lower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga.

Pilates A mind body exercise evolved from the principles of Joseph Pilates. This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Proper breathing techniques, core training, and flexibility are key portions of these classes

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.

Mindful Walking Tai Chi a unique blend of gentle Tai Chi and mindful walking designed to improve balance, mobility, posture, and confidence while reducing stress and fostering connection.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

September 2026

Hendersonville YMCA

Hendersonville YMCA

810 6th Ave W | 828-575-2900

Ymcawnc.org

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****

CENTER HOURS

Mon-Thu	5:30 a.m. - 9:00 p.m.
Fri	5:30 a.m. - 8:00 p.m.
Sat	7:00 a.m. - 5:00 p.m.
Sun	11:00 a.m. - 5:00 p.m.

CHILDCARE HOURS

Mon-Fri	8:00 a.m.-12:00 p.m.
Mon-Thur	3:30 p.m.-7:30 p.m.
Sat	8:00 a.m.-12:00 p.m.
Sun	Closed

MON		TUES		WED		THURS		FRI		SAT		SUN	
5:45-6:30a G ! HIIT Todd		5:45-6:30a FS Les Mills BODYPUMP Express Mimi		5:45-6:30a FS Flex & Stretch Todd		5:45-6:30a FS Les Mills BODYPUMP Express Mimi		5:45-6:30a G ! HIIT Todd					
8:00-8:45a G Pilates Lee				7:00-7:45a FS Les Mills SHAPES Ann				7:00-7:45a FS Les Mills SHAPES Ann		8:30-9:15a CS ∞ Cycle Claire			
8:00-8:45a CR ! Les Mills BODYCOMBAT Allyson		8:00-8:45a FS ∞ Rise and Shine Lee		8:00-8:45a G Pilates Lee		8:00-8:45a FS ∞ Rise and Shine Lee		8:00-8:45a G Pilates Wendy		8:30-9:15a FS ! Les Mills BODYCOMBAT Allyson/Ashley			
8:00-8:45a FS Les Mills BODYPUMP Express Ann		9:00-9:55a O/G ! Athletic Conditioning Leo		8:00-8:45a FS Les Mills BODYPUMP Express Ann		9:00-9:55a O/G ! Athletic Conditioning Leo		8:00-8:45a CR ! Les Mills BODYCOMBAT Allyson		9:00-9:55a O/G ! Athletic Conditioning Leo		1:15-2:15p FS Power Yoga Brandon	
9:00-9:45a FS Les Mills SHAPES Ashley		9:00-9:45a FS ∞ Step Kelly		8:00-8:45a CR ! Les Mills BODYCOMBAT Allyson		9:00-9:45a FS ∞ Step Kelly		9:00-9:45a FS NIA Denise		9:30-10:20a FS ∞ Zumba Therese			
9:00-9:45a CS ∞ Cycle Carrie		9:00-9:45a CS ∞ Cycle Mary		9:00-9:45a FS Les Mills SHAPES Ashley		9:00-9:45a CS ∞ Cycle Carrie		9:00-9:45a CS ∞ Cycle Mary		10:30-11:30a FS Vinyasa Yoga Lindsay		3:00-4:00p FS Slow Flow Yoga Meredith	
9:00-9:45a G ∞ TRX Caryl		10:00-10:45a G ∞ Cardio Dance Helen		9:00-9:45a G ∞ TRX Mary		10:00-10:45a G ∞ Cardio Dance Helen		9:00-9:45a G ∞ TRX Ann		Upcoming opportunities: - Line Dancing With Helen 9/14 at 3pm - Fall Prevention Program starts 9/21 - Shoulder Strength Program starts 10/5 - Bone Builder Program starts 10/7 - Boxing 101 Workshop 10/14 at 6:15pm Remember to register at the membership desk to join!			
10:00-10:45a G ∞ TRX Caryl		10:00-10:45a FS ∞ Barre Debby				10:00-10:45a FS ∞ Barre Ann		10:00-10:45a G ∞ TRX Trista					
10:00-10:45a FS Les Mills BODYPUMP Express Allyson				10:00-10:45a FS Les Mills BODYPUMP Express Allyson				10:00-10:45a FS Les Mills BODYPUMP Express Christina					
11:00-11:55a G Gentle Yoga Lee		11:00-12:15p FS Rock Steady Boxing (Paid Program)		11:00-11:55a CR Gentle Yoga Nancy		11:00-11:45a FS Les Mills BODYPUMP Express Ann		11:00-11:55a G Gentle Yoga Christina					
11:15-12:00p FS ∞ Barre Debby				11:00-11:45a FS ∞ Barre Debby				12:15-1:00p FS Pilates Laura Lu					
12:15-1:10 G Low Impact Fitness Melissa		12:00-12:55p FS Tai Chi Sharon		12:15-1:10 G Low Impact Fitness Melissa		12:00-12:55p FS Tai Chi Sharon		12:15-1:10 G Low Impact Fitness Roxie					
		1:00-2:00 FS Slow Flow Yoga Regina		1:00-2:00p CR Ageless Grace Denise/Doreen		1:00-2:00 FS Slow Flow Yoga Regina							
		2:15-3:15p FS/CR Chair Yoga Regina		1:15-2:15p FS Tai Chi Club—Advanced Sharon		2:15-3:15p FS/CR Chair Yoga Regina		1:15-2:15p FS Tai Chi Club—Advanced Sharon					
4:00-4:45p FS Les Mills SHAPES Mirra		4:00-4:45p FS Strength Fusion Melissa		4:00-4:45p FS Les Mills SHAPES Mirra		4:00-4:45p FS Strength Fusion Melissa				CLUBS Mindful Walking Tai Chi Club: Every Mon 12-12:50p Crafting Club: Last Fri of every month 4:00-5:30p Book Club: Last Wed of every month 4-5p			
5:00-6:00p FS Les Mills BODYPUMP Emily C		5:00-5:55p FS ! Les Mills BODYCOMBAT Ashley		5:00-6:00p FS Les Mills BODYPUMP Emily C		5:00-5:55p FS ! Les Mills BODYCOMBAT Ashley		5:00-6:00p FS Les Mills BODYPUMP Kathy					
5:30-6:25p FS ! Athletic Conditioning Mirra		6:00-6:55p FS ∞ Zumba Therese		5:30-6:25p FS ! Athletic Conditioning Mirra		6:00-6:55p FS ∞ Zumba—Bilingual Carmen V							
6:15-7:15p FS Yin Yoga Brandon													

HENDERSONVILLE GROUP EXERCISE SCHEDULE

September

SCHEDULE KEY

Studio Outside (Turf)

Gym Gymnasium

FS Fitness Studio

C Cycle Studio

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or updated

Classes in **BLUE** are aquatic classes

! High Intensity

∞ Family Friendly / Kid class

Les Mills Class Offerings

Bodypump Ages 16+ Bodycombat and Shapes Ages 13+

Aquatic Exercise Classes					
MON	TUES	WED	THURS	FRI	SUN
9:00-9:50a Aqua Tabata Melissa	9:00-9:50a Hydro Burn Doreen	9:00-9:50a Aqua Tabata Melissa	9:00-9:50a Hydro Burn Doreen	9:00-9:50a Aqua Tabata	
10:00-10:50a Cardio Splash Melissa	10:00-10:50a Aqua Power Fusion Melissa	10:00-10:50a Cardio Splash Melissa		10:00-10:50a Cardio Splash Wend	
11:00-11:50a Fluid Movement Melissa		11:00-11:50a Fluid Movement Melissa		11:00-11:50a Fluid Movement Wend	1:00-2:00p Hydro Burn Roxie
	6:00-6:50p Hydro Burn Roxie		6:00-6:50p Hydro Burn Roxie		