

GROUP EXERCISE SCHEDULE

NOVEMBER 2026

Asheville YMCA

Regular weekly classes · one-time events not listed

CS Cycle Studio GYM Gym MPR Multi-Purpose Room SP South Pool STUD Studio SO Studio O  Les Mills  \$ Paid program

MON	TUE	WED	THU	FRI	SAT	SUN
6:00–6:55am BODYPUMP Roxanne B. · STUD	6:15–7:00am Cycle Julie W. · CS	6:00–6:55am BODYPUMP Roxanne B. · STUD	6:15–7:00am Cycle Julie W. · CS	6:00–6:55am BODYPUMP Karen J. · STUD	8:15–9:15am BODYBALANCE Tracy D. · STUD	9:30–10:30am BODYPUMP HEAVY Kristina S. · STUD
7:15–8:15am BODYBALANCE Tracy D. · MPR	8:30–9:15am Athletic Conditioning Suzanne I. · SO	7:15–8:15am BODYBALANCE Tracy D. · MPR	8:30–9:15am Athletic Conditioning Julie W. · SO	8:30–9:15am Athletic Conditioning Suzanne I. · SO	9:00–9:45am Cycle Aileen S. · CS	12:30–1:30pm Vinyasa Yoga Hannah G. · STUD
8:30–9:15am Athletic Conditioning Suzanne I. · SO	8:30–9:15am Flex and Stretch Shona M. · GYM	8:30–9:15am Athletic Conditioning Suzanne I. · SO	8:30–9:15am Flex and Stretch Shona M. · GYM	8:30–9:20am Deep Water Fitness Amy L. · SP	9:30–10:20am BODYPUMP Roxanne B. · STUD	1:45–2:45pm BODYPUMP Peter W. · STUD
8:30–9:30am Low Impact Fitness Cynthia L. · GYM	9:00–10:15am Gentle Yoga Dede B. · MPR	8:30–9:30am Low Impact Fitness Karen J. · GYM	9:00–9:50am Hydro Burn Shonna C. · SP	8:30–9:30am Low Impact Fitness Karen J. · GYM	9:45–10:45am Yogalates Raven B. · MPR	3:45–4:45pm Gentle Yoga Shonna C. · MPR
9:00–9:45am Cycle Becky U. · CS	9:00–9:50am Hydro Burn Elizabeth M. · SP	9:00–9:45am Cycle Julie W. · CS	9:00–10:15am Vinyasa Yoga Becca S. · MPR	8:45–9:45am Vinyasa Yoga Jen W. · MPR	10:45–11:45am Hip Hop Fitness Eleanor W. · STUD	
9:30–10:20am Hydro Burn Shonna C. · SP	9:45–10:45am Pilates Jaya M. · STUD	9:30–10:20am Hydro Burn Shonna C. · SP	9:45–10:45am Core Conditioning Suzanne I. · STUD	9:00–9:45am Cycle Becky U. · CS		
9:45–10:45am Booty Barre Eva V. · STUD	10:00–10:50am Cardio Splash Elizabeth M. · SP	9:45–10:45am Barre Shona M. · STUD	10:00–10:50am Aqua Zumba Lena S. · SP	9:30–10:30am BODYPUMP HEAVY Kristina S. · STUD		
10:00–11:00am Chair Yoga Becca S. · MPR	11:00–11:45am BODYPUMP Express Karen J. · STUD	10:00–11:00am Chair Yoga Dede B. · MPR	11:00–11:45am BODYPUMP Express Karen J. · STUD	10:00–11:00am Chair Yoga Becca S. · MPR		
10:30–11:20am Fluid Movement Shonna C. · SP	11:00–11:45am TRX Julie W. · MPR	10:30–11:20am Fluid Movement Shonna C. · SP	11:00–11:45am TRX Julie W. · MPR	10:30–11:20am Cardio Splash Dee A. · SP		
11:00–11:50am Total Body Training Suzanne I. · STUD	12:00–1:00pm BODYBALANCE Shona M. · MPR	11:00–11:50am Total Body Training Suzanne I. · STUD	12:00–1:00pm BODYBALANCE Shona M. · MPR	10:45–11:45am BODYPUMP Kristina S. · STUD		
12:00–12:45pm TRX Suzanne I. · MPR	12:00–1:00pm Strength Fusion Kristina S. · STUD	12:00–12:30pm Cycle Express Suzanne I. · CS	12:00–12:30pm Strength Fusion Kristina S. · STUD	12:00–12:45pm TRX Shona M. · MPR		
12:00–1:00pm Zumba + Lift™ Sheila D. · STUD	2:00–3:00pm Deep Water Fitness Amy L. · SP	12:00–12:45pm TRX Becca S. · MPR	2:00–3:00pm Deep Water Fitness Amy L. · SP	12:00–1:00pm Zumba Della R. · STUD		
1:00–2:00pm Paid Program Power Moves \$ Kristina S. · MPR	2:15–4:15pm Pickle Ball Staff · GYM	12:00–1:00pm Zumba Rico S. · STUD	2:15–4:15pm Pickle Ball Staff · GYM	12:30–1:00pm Cycle Express Suzanne I. · CS		
2:00–3:00pm Hydro Burn Dee A. · SP	4:30–5:15pm TRX Becca S. · MPR	1:00–2:00pm Paid Program Power Moves \$ Kristina S. · MPR	4:30–5:15pm TRX Becca S. · MPR	1:15–2:15pm Core Conditioning Suzanne I. · STUD		
2:30–3:30pm PAID-LiftMore for Bone Health \$ Kristina S. · STUD · <i>no class Nov 23, 30</i>	4:30–5:30pm Vinyasa Yoga Jen W. · STUD	2:15–4:15pm Pickle Ball Staff · GYM	4:30–5:30pm Vinyasa Yoga Vinita K. · STUD	2:00–3:00pm Hydro Burn Dee A. · SP		
4:00–5:15pm Vinyasa Yoga Vinny B. · MPR	5:45–6:30pm BODYCOMBAT Tracy D. · STUD	2:30–3:30pm PAID-LiftMore for Bone Health \$ Kristina S. · STUD · <i>no class Nov 25</i>	5:45–6:30pm BODYCOMBAT Tracy D. · STUD	2:15–4:15pm Pickle Ball Staff · GYM		
4:15–5:15pm BODYPUMP Laura R. · STUD	5:45–6:30pm Cycle Daniel B. · CS	4:00–5:15pm Vinyasa Yoga Joe I. · MPR	5:45–6:30pm Cycle JD D. · CS	4:00–5:00pm Power Yoga Becca S. · MPR		
5:30–6:30pm Zumba Della R. · STUD	6:45–7:45pm Zumba Della R. · STUD	4:15–5:15pm BODYPUMP Laura R. · STUD	6:00–7:00pm Slow Flow Yoga Jen W. · MPR			
5:45–6:30pm Cycle Katie K. · CS		4:30–5:05pm PAID PROGRAM Little Ninjas \$ Micayla M. · SO · <i>no class Nov 18, 25</i>	6:45–7:45pm BODYPUMP HEAVY Caitlin M. · STUD			
6:00–7:00pm Slow Flow Yoga Brittany C. · MPR		5:30–6:15pm Athletic Conditioning Micayla M. · SO				
		5:30–6:30pm BODYPUMP HEAVY Kristina S. · STUD				
		5:45–6:30pm Cycle JD D. · CS				

For a better us.

Classes and instructors can change. For the latest schedule and to reserve your spot, use the Y’s mobile app (scan the code on the back). Printed Oct 28, 2026.

CLASS DESCRIPTIONS

Asheville YMCA · November 2026



Get the app

See the latest schedule, reserve your spot and get updates on changes in the Y's mobile app.

Scan with your phone's camera to download.

AQUATICS

Aqua Zumba A class that is safe, effective and a challenging water-based workout, that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines. We will adhere to WeatherBug notifications of lighting within a 6 mile radius.

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. Classes may be canceled due to weather and we will adhere to WeatherBug notifications of lighting within a 6 mile radius. Cancellations may also happen in the middle of class due to weather.

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. We will adhere to WeatherBug notifications of lighting within a 6 mile radius.

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. Classes may be canceled due to weather and we will adhere to WeatherBug notifications of lighting within a 6 mile radius.

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. We will adhere to WeatherBug notifications of lighting within a 6 mile radius.

BARRE

Booty Barre Is a fun energetic workout that fuses techniques from dance, Pilates, and Yoga that will tone, define, and chisel the whole body. Booty Barre is the perfect combination of strength and flexibility with an added cardiovascular element.

CARDIO

BODYCOMBAT is 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. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. 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 workout.

Cycle Express A shorter version of our original Group Cycle class designed to get your heart rate gowing with sprint intervals and challenging climbs in a high intensity interval format.

COMBINATION

Athletic Conditioning A cross training workout that combines movements from various sports, bootcamp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance and agility. Outdoor classes may be moved indoors or canceled due to weather. For outdoor classes, we will adhere to WeatherBug notifications of lighting within a 6 mile radius.

Flex and Stretch Flex & Stretch A class designed to actively stretch the body so that it maintains optimal mobility and range of motion.

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.

DANCE

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!

Zumba A Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

Zumba + Lift™ is a high-energy, music-driven class created by Beto Perez that combines Latin dance cardio with strength training. It alternates between dance routines and 5–15+ lb dumbbell/resistance band work to build muscle, boost endurance, and improve posture.

KIDS

PAID PROGRAM Little Ninjas \$ This six week program is designed for your little athlete to gain skills, confidence and more importantly have fun on an obstacle course. This agility course will be great for running, jumping crawling and getting energy out. This is a chance for your little ninja to shine.

MIND BODY

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.

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.

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.

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. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

Slow Flow Yoga Slow Flow-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, flexibility, balance, and calm.

Vinyasa Yoga In this class, students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. A number of postures will be practiced, with a focus on moving gracefully from one pose to the next. Intensity level is set by the instructor, and all poses are modified for all levels.

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. Yogalates will leave you feeling stronger and more flexible throughout the whole body.

PILATES

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. Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

STRENGTH

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 than on your own! You'll leave the class...

BODYPUMP Express 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 Express gives you a total body workout.

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.

Core Conditioning A muscle toning class that focuses on your core through trunk stability and strength.

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? Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body. For outdoor classes, we will adhere to WeatherBug notifications of lighting within a 6 mile radius.

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

GENERAL

Barre Taking the hottest trend in dance-inspired conditioning, ballet barre training, and using “make-sense progression” to create a format suitable for every level of exerciser, BARRE is a workout like no other! This format combines Balance, Agility, Resistance, working Recovery and Eloquence into a challenging full body workout.

PAID PROGRAM

Paid Program Power Moves \$ This Parkinson's wellness recovery program is a specific exercise program that works to improve neuroplasticity and slow the progression of Parkinson's Disease. Focused on large movements, PWR! Moves targets four critical skills the disease attacks: antigravity extension, weight shifting, axial mobility and transitional movements.

PAID-LiftMore for Bone Health \$ FEE BASED PROGRAM -LiftMore for Bone Health is a small group personal training program for those wanting to strength train for bone health in a supervised setting. It includes structured high intensity resistance and impact training focused on improving bone density and muscle strength, especially for those with low bone mass or osteoporosis.