

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

Pool

\$ Paid program

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

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 30, 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.