

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

October 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	5:45-6:30a FS Flex & Stretch Todd	5:45-6:30a FS Les Mills BODYPUMP Express	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 BODY-COMBAT Allyson/Ashley	
8:00-8:45a FS Les Mills BODYPUMP Express	9:00-9:55a O/G ! Athletic Conditioning	8:00-8:45a FS Les Mills BODYPUMP Express	9:00-9:55a O/G ! Athletic Conditioning	8:00-8:45a CR ! Les Mills BODYCOMBAT	9:00-9:55a O/G ! Athletic Conditioning	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 Les Mills SHAPES Mirra	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 ∞	10:00-10:45a G ∞ Cardio Dance Helen		Upcoming opportunities: - Shoulder Strength Program starts 10/5 - Bone Builder Program starts 10/5 - Boxing 101 Workshop 10/14 - Full Moon Sound Bath Workshop 10/24 - Holiday Hustle Bootcamp starts 10/27 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 Les Mills BODYPUMP Express Allyson	10:00-10:45a FS ∞ Barre Ann	10:00-10:45a G ∞ TRX Trista		
10:00-10:45a FS Les Mills BODYPUMP Express Allyson	11:00-12:15p FS Rock Steady Boxing (Paid Program)	11:00-11:55a G Gentle Yoga Nancy	11:00-11:45a FS Les Mills BODYPUMP Express Ann	10:00-10:45a FS Les Mills BODYPUMP Express Christina		
11:00-11:55a G Slow Flow Yoga Lee	12:20-1:15p FS Tai Chi Sharon	11:00-11:45a FS ∞ Barre Debby	12:20-1:15p FS Tai Chi Sharon	11:00-11:55a G Gentle Yoga Christina		
11:00-12:00p FS ∞ Barre Debby	1:20-2:35 FS Slow Flow Yoga Regina	12:15-1:10 G Low Impact Fitness Melissa	1:20-2:35 FS Slow Flow Yoga Regina	12:30-1:15p FS Pilates Laura Lu		
12:15-1:10 G Low Impact Fitness Melissa	2:45-3:45p FS/CR Chair Yoga Regina	1:00-2:00p CR Ageless Grace Doreen	2:45-3:45p FS/CR Chair Yoga Regina	12:15-1:10 G Low Impact Fitness Roxie	CLUBS Mindful Tai Chi Walking Club: Every Mon 1:15-2:15p Cancer Support Group: First Mon of every month 4:00-5:00p Book Club: Last Wed of every month 4:00-5:00p Discovery Club: First Thur of every month 2:30-3:30p Crafting Club: Last Fri of every month 4:00-5:30p	
		1:30-2:30p FS Tai Chi Club - Advanced Sharon		1:30-2:30p 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			
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 O ! Athletic Conditioning Mirra	6:00-6:55p FS ∞ Zumba Therese	5:30-6:25p O ! Athletic Conditioning Mirra	6:00-6:55p FS ∞ Zumba– Bilingual Carmen V			
6:15-7:15p FS Yin Yoga Brandon		6:15-7:15p FS Restorative Yoga Laura Lu				

HENDERSONVILLE GROUP EXERCISE SCHEDULE

October

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or updated

Classes in **BLUE** are aquatic classes

O Studio Outside (Turf)

Gym Gymnasium

! High Intensity

FS Fitness Studio

C Cycle Studio

∞ 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	9:00-9:50a	9:00-9:50a	9:00-9:50a	9:00-9:50a	
Aqua Tabata	Hydro Burn	Aqua Tabata	Hydro Burn	Aqua Tabata	
Melissa	Doreen	Melissa	Doreen	Wendy	
10:00-10:50a	10:00-10:50a	10:00-10:50a		10:00-10:50a	
Cardio Splash	Aqua Power Fusion	Cardio Splash		Cardio Splash	
Melissa	Melissa	Melissa		Wend	
11:00-11:50a		11:00-11:50a		11:00-11:50a	1:00-2:00p
Fluid Movement		Fluid Movement		Fluid Movement	Hydro Burn
Melissa		Melissa		Wend	Roxie
	6:00-6:50p		6:00-6:50p		
	Hydro Burn		Hydro Burn		
	Roxie		Roxie		