GROUP EXERCISE SCHEDULE

NOVEMBER 2026

Hendersonville Family YMCA

Regular weekly classes · one-time events not listed

CR Community Room **CS** Cycle Studio **FS** Fitness Studio **GYM** Gym **GO** Gym/Outside **OUTS** Outside **POOL** Pool Les Mills Pool

MON

5:45–6:30am
HIIT
Todd S. · GYM

8:00–8:45am
BODYCOMBAT
Allyson B. · CR

8:00–8:45am
BODYPUMP Express
Ann F. · FS

8:00–8:45am
Pilates
Lee H. · GYM

9:00–9:50am
Aqua Tabata
Melissa F. · POOL

9:00–9:45am
Cycle
Carrie H. · CS

9:00–9:50am
Shapes
Ashley B. · FS

9:00–9:45am
TRX
Caryl C. · GYM

10:00–10:45am
BODYPUMP Express
Allyson B. · FS

10:00–10:50am
Cardio Splash
Melissa F. · POOL

10:00–10:45am
TRX
Caryl C. · GYM

11:00am–12:00pm
Barre
Debby C. · FS

11:00–11:50am
Fluid Movement
Melissa F. · POOL

11:00–11:55am
Slow Flow Yoga
Lee H. · GYM

12:15–1:10pm
Low Impact Fitness
Melissa F. · GYM

1:15–2:15pm
Mindful Tai Chi Walking Club
Laura L. · CR

1:15–3:15pm
Pickle Ball
Staff · GYM

4:00–4:50pm
Shapes
Mirra S. · FS

5:00–6:00pm
BODYPUMP
Emily C. · FS

5:30–6:25pm
Athletic Conditioning
Mirra S. · OUTS

6:15–7:15pm
Yin Yoga
Brandon W. · FS

TUE

5:45–6:30am
BODYPUMP Express
Mimi C. · FS

8:00–8:45am
Rise and Shine
Lee H. · FS

9:00–9:55am
Athletic Conditioning
Leo G. · GO

9:00–9:45am
Cycle
Mary A. · CS

9:00–9:50am
Hydro Burn
Doreen B. · POOL

9:00–9:45am
Step
Kelly M. · FS

10:00–10:50am
Aqua Power Fusion
Melissa F. · POOL

10:00–10:45am
Barre
Debby C. · FS

10:00–10:45am
Cardio Dance
Helen W. · GYM

12:20–1:15pm
Tai Chi
Sharon M. · FS

1:20–2:35pm
Slow Flow Yoga
Regina V. · FS

2:45–3:45pm
Chair Yoga
Regina V. · FS

4:00–4:45pm
Strength Fusion
Melissa F. · FS

5:00–5:55pm
BODYCOMBAT
Ashley B. · FS

6:00–6:50pm
Hydro Burn
Roxanna P. · POOL

6:00–6:55pm
Zumba
Therese L. · FS

WED

5:45–6:30am
Flex and Stretch
Todd S. · FS

7:00–7:50am
Shapes
Ann F. · FS

8:00–8:45am
BODYCOMBAT
Allyson B. · CR

8:00–8:45am
BODYPUMP Express
Ann F. · FS

8:00–8:45am
Pilates
Lee H. · GYM

9:00–9:50am
Aqua Tabata
Melissa F. · POOL

9:00–9:50am
Shapes
Ann F. · FS

9:00–9:45am
TRX
Mary A. · GYM

10:00–10:45am
BODYPUMP Express
Allyson B. · FS

10:00–10:50am
Cardio Splash
Melissa F. · POOL

11:00am–12:00pm
Barre
Debby C. · FS

11:00–11:50am
Fluid Movement
Melissa F. · POOL

11:00–11:55am
Gentle Yoga
Nancy Z. · CR

12:15–1:10pm
Low Impact Fitness
Melissa F. · GYM

1:00–2:00pm
Ageless Grace
Doreen B. · CR

1:15–3:15pm
Pickle Ball
Staff · GYM

1:30–2:30pm
Tai Chi Club - Advanced
Sharon M. · FS · *no class Nov 25*

4:00–4:50pm
Shapes
Mirra S. · FS

5:00–6:00pm
BODYPUMP
Emily C. · FS

5:30–6:25pm
Athletic Conditioning
Mirra S. · OUTS

6:15–7:15pm
Restorative Yoga
Laura L. · FS

THU

5:45–6:30am
BODYPUMP Express
Mimi C. · FS · *no class Nov 26*

8:00–8:45am
Rise and Shine
Lee H. · FS · *no class Nov 26*

9:00–9:55am
Athletic Conditioning
Leo G. · GO · *no class Nov 26*

9:00–9:45am
Cycle
Carrie H. · CS · *no class Nov 26*

9:00–9:50am
Hydro Burn
Doreen B. · POOL · *no class Nov 26*

9:00–9:45am
Step
Kelly M. · FS · *no class Nov 26*

10:00–10:45am
Barre
Ann F. · FS · *no class Nov 26*

10:00–10:45am
Cardio Dance
Helen W. · GYM · *no class Nov 26*

11:00–11:45am
BODYPUMP Express
Ann F. · FS · *no class Nov 26*

12:20–1:15pm
Tai Chi
Sharon M. · FS · *no class Nov 26*

1:20–2:35pm
Slow Flow Yoga
Regina V. · FS · *no class Nov 26*

2:45–3:45pm
Chair Yoga
Regina V. · FS · *no class Nov 26*

4:00–4:45pm
Strength Fusion
Melissa F. · FS · *no class Nov 26*

5:00–5:55pm
BODYCOMBAT
Ashley B. · FS · *no class Nov 26*

6:00–6:50pm
Hydro Burn
Roxanna P. · POOL · *no class Nov 26*

6:00–6:55pm
Zumba
Katie W. · FS · *no class Nov 26*

FRI

5:45–6:30am
HIIT
Todd S. · GYM

7:00–7:50am
Shapes
Ann F. · FS

8:00–8:45am
BODYCOMBAT
Allyson B. · FS

8:00–8:45am
Pilates
Wendy S. · GYM

9:00–9:50am
Aqua Tabata
Wendy S. · POOL

9:00–9:45am
Cycle
Mary A. · CS

9:00–9:50am
Shapes
Mirra S. · FS

10:00–10:45am
BODYPUMP Express
Christina H. · FS

10:00–10:50am
Cardio Splash
Wendy S. · POOL

10:00–10:45am
TRX
Trista C. · GO

11:00–11:50am
Fluid Movement
Wendy S. · POOL

11:00–11:55am
Gentle Yoga
Christina H. · GYM

12:15–1:10pm
Low Impact Fitness
Roxanna P. · GO

12:30–1:15pm
Pilates
Laura L. · FS

1:15–3:15pm
Pickle Ball
Staff · GYM

1:30–2:30pm
Tai Chi Club - Advanced
Sharon M. · FS · *no class Nov 27*

5:00–6:00pm
BODYPUMP
Kathy B. · FS

SAT

8:30–9:15am
BODYCOMBAT
Allyson B. · FS

8:30–9:15am
Cycle
Claire N. · CS

9:00–9:55am
Athletic Conditioning
Leo G. · GO

9:30–10:20am
Zumba
Therese L. · FS

10:30–11:30am
Vinyasa Yoga
Lindsay F. · FS

SUN

1:00–1:50pm
Hydro Burn
Roxanna P. · POOL

1:15–2:15pm
Power Yoga
Brandon W. · FS

3:00–4:00pm
Slow Flow Yoga
Meredith G. · FS

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 Nov 2, 2026.

GROUP EXERCISE SCHEDULE

CLASS DESCRIPTIONS

Hendersonville Family 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 Power Fusion Dive into 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.

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. Reservations are required for all classes.

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.

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.

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. Cancelations may also happen in the middle of class should weather conditions change.

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.

Step is a fun and highly effective cardio training. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, balance and strength with exciting music and group energy.

COMBINATION

Ageless Grace Brain Health is 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.

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.

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.

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.

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.

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.

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

Cardio Dance If you love to dance this class is for you! Join this easy-to-follow cardio dance class, suitable for all fitness levels.Suitable for all fitness levels.

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

MIND BODY

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.

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

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.

Mindful Tai Chi Walking Club Join us for a unique program that combines the gentle principles of Tai Chi with mindful walking practices. It's designed to help participants Improve balance and stability; Enhance posture and coordination; Increase mobility and flexibility; Strengthen mind-body awareness; Reduce stress and promote relaxation; Improve walking confidence and functional movement; Connect with others in a supportive community.

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.

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.

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.

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.

Tai Chi Club - Advanced A member led Tai Chi club. This meeting day is for those who have been practicing Tai Chi for over a year. many forms are practiced and shared. Please contact Sharon Murnane if you are interested in attending any of the meetings. smurnane49@gmail.com

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.

Yin yoga focuses on strengthening and nurturing the connective tissue. It can be therapeutic and challenging, yet is suitable for the beginner to advanced yogi.

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

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'.

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.

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

Good to know: Reservation is forfeited if not present at scheduled start of class. Classes that are canceled will have automatic email replies sent to registrant's email account about the cancelation. Classes may be canceled due to weather and we will adhere to WeatherBug notifications of lighting within a 6 mile radius. Cancelations may also happen in the middle of class due to weather.