



Hendersonville Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Gym Sign Up					5:45AM-6:20AM (Combination) <i>Jennifer C.</i>		
Pilates Gym Sign Up					8:00AM-8:45AM (Mind Body) <i>Wendy S.</i>		
BODYCOMBAT Fitness Studio Sign Up					8:00AM-8:45AM (Cardio) <i>Allyson B.</i>	8:30AM-9:15AM (Cardio) <i>Allyson B.</i>	
Cycle Cycle Studio Sign Up					9:00AM-9:45AM (Cardio) <i>Mary A.</i>	8:30AM-9:15AM (Cardio) <i>Claire N.</i>	
TRX Gym/Outside Sign Up					9:00AM-9:45AM (Combination) <i>Michal R.</i>		
NIA Fitness Studio Sign Up					9:00AM-9:45AM (Dance) <i>Lee H.</i>		
CANCELED: Aqua Tabata Pool Sign Up					9:10AM-10:00AM (Aquatics) <i>Wendy S.</i>		
BODYPUMP Fitness Studio Sign Up					10:00AM-11:00AM (Combination) <i>Christina H.</i>		
TRX Fitness Studio Sign Up					10:00AM-10:45AM (Combination) <i>Michal R.</i>		
CANCELED: Cardio Splash Pool Sign Up					10:10AM-11:00AM (Aquatics) <i>Wendy S.</i>		
Gentle Yoga Gym Sign Up					11:00AM-11:55AM (Mind Body) <i>Christina H.</i>		
CANCELED: Fluid Movement Pool Sign Up					11:10AM-12:00PM (Aquatics) <i>Wendy S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Fitness Studio Sign Up					12:15PM-1:00PM (General) <i>Linda C.</i>		
Low Impact Fitness Gym/Outside Sign Up					12:15PM-1:10PM (Mind Body) <i>Roxanna P.</i>		
Pickle Ball Gym					1:15PM-3:15PM (General) <i>Staff</i>		
Tai Chi Club - Advanced Fitness Studio Sign Up					1:15PM-2:15PM (Mind Body) <i>Sharon M.</i>		
Power Yoga Fitness Studio Sign Up					6:30PM-7:30PM (Mind Body) <i>Bill A.</i>		1:30PM-2:30PM (Mind Body) <i>Bill A.</i>
Athletic Conditioning Gym/Outside Sign Up						9:00AM-9:55AM (Combination) <i>Zach M.</i>	
Zumba Fitness Studio Sign Up						9:30AM-10:20AM (Dance) <i>Therese L.</i>	
Vinyasa Yoga Fitness Studio Sign Up						10:30AM-11:30AM (Mind Body) <i>Lindsay F.</i>	
Yoga Sculpt Fitness Studio Sign Up							12:00PM-12:45PM (Combination) <i>Bill A.</i>
CANCELED: Hydro Burn Pool Sign Up							1:10PM-2:00PM (Aquatics) <i>Roxanna P.</i>
Slow Flow Yoga Fitness Studio Sign Up							3:00PM-4:00PM (Mind Body) <i>Lee H.</i>



Reuter Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up					5:45AM-6:30AM (General) <i>Janine I.</i> 9:30AM-10:15AM (General) <i>Kelly H.</i>	9:00AM-9:45AM (General) <i>Jay G.</i>	
Vinyasa Yoga Mind Body Studio Sign Up					8:15AM-9:15AM (General) <i>Tammy C.</i>		
BODYPUMP Studio A Sign Up					8:15AM-9:15AM (General) <i>Laura F.</i>		2:00PM-3:00PM (General) <i>Illysa H.</i>
Chair Yoga Mind Body Studio Sign Up					9:30AM-10:30AM (Mind Body) <i>Kathryn L.</i>		
Step Studio A Sign Up					9:30AM-10:20AM (General) <i>Julie R.</i>		
TRX Tabata Functional Fitness Room Sign Up					9:30AM-10:15AM (Combination) <i>Caryl C.</i>		
Zumba Studio A Sign Up					10:30AM-11:20AM (Dance) <i>Jocelyn M.</i>		
Cycle Express Cycle Studio Sign Up					10:30AM-11:00AM (Cardio) <i>Lauren K.</i>		
Low Impact Fitness Mind Body Studio Sign Up					11:00AM-11:50AM (General) <i>Emily P.</i>		
Tai Chi-Arthritis & Balance Mind Body Studio Sign Up					12:30PM-1:30PM (Mind Body) <i>Merideth F.</i>		
Athletic Conditioning Studio A Sign Up						8:00AM-9:00AM (High Intensity Interval) <i>Emily S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Hop Fitness Studio A Sign Up						9:00AM-10:00AM (Dance) <i>Shellie W.</i>	1:00PM-1:50PM (General) <i>Illysa H.</i>
Power Yoga Mind Body Studio Sign Up						9:30AM-10:30AM (Mind Body) <i>lotus A.</i>	
Yoga in the Park Lobby						10:00AM-11:00AM (Mind Body) <i>Jessica M.</i>	
CANCELED: Zumba Studio A Sign Up						10:30AM-11:20AM (Dance) <i>Rico S.</i>	
Thai Boxing Fitness Mind Body Studio Sign Up						11:00AM-12:00PM (General) <i>Jon W.</i>	
Tai Chi for Joint Health Mind Body Studio Sign Up							1:00PM-2:00PM (Mind Body) <i>Alejandro S.</i>
Restorative Yoga Mind Body Studio Sign Up							2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i>



Ferguson Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Fitness Studio Sign Up					6:00AM-6:45AM (Combination) <i>Amy T.</i>		
Westridge CrossFit Westridge CrossFit Sign Up					6:00AM-7:00AM (Combination) <i>Mandy M.</i> 7:00AM-8:00AM (Combination) <i>Mandy M.</i> 9:00AM-10:00AM (Combination) <i>Mandy M.</i> 5:00PM-6:00PM (Combination) <i>Elizabeth H.</i>		
BODYCOMBAT Fitness Studio Sign Up					8:15AM-9:00AM (Combination) <i>Dawn S.</i>	9:15AM-9:45AM (Combination) <i>Dawn S.</i>	
Cycle Cycle Studio Sign Up					9:00AM-10:00AM (Cardio) <i>Mike S.</i>		
Gentle Yoga Fitness Studio Sign Up					9:15AM-10:05AM (Mind Body) <i>Gillian H.</i>		
Zumba Fitness Studio Sign Up					10:15AM-11:05AM (Dance) <i>Conny A.</i>		
TRX Westridge CrossFit Sign Up					10:15AM-11:00AM (Strength) <i>Gillian H.</i>		
Tai Chi-Arthritis & Balance Multi-Purpose Room Sign Up					10:30AM-11:30AM (Mind Body) <i>Merideth F.</i>		
Ferguson Fit Fitness Studio					1:00PM-2:00PM (Combination) <i>Lynne F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM Cycle Studio Sign Up						8:15AM-9:00AM (Cardio) <i>Christina W.</i>	
Westridge CrossFit Outside Sign Up						9:00AM-10:00AM (Combination) <i>Elizabeth H.</i>	
Creative Movement (ages 3-4) Multi-Purpose Room						9:00AM-9:30AM (Kids) <i>Alexa W.</i>	
Youth Ballet (ages 5-7) Multi-Purpose Room						10:00AM-10:45AM (Kids) <i>Alexa W.</i>	
BODYPUMP Express Fitness Studio Sign Up						10:00AM-10:30AM (Strength) <i>Corey J.</i>	
CANCELED: Hip Hop Fitness Fitness Studio Sign Up						10:15AM-11:05AM (Dance) <i>Deana C.</i>	
BODYSTEP Demo Fitness Studio Sign Up						10:45AM-11:15AM (Cardio) <i>Julie N.</i>	
BODYBALANCE Fitness Studio Sign Up						11:30AM-12:00PM (Mind Body) <i>Julie N.</i>	
Strength Fusion Fitness Studio Sign Up							10:15AM-11:00AM (Combination) <i>Shelley N.</i>
Slow Flow Yoga Multi-Purpose Room Sign Up							10:15AM-11:15AM (Mind Body) <i>Tom H.</i>
Meditation Multi-Purpose Room Sign Up							11:30AM-12:00PM (Mind Body) <i>Tom H.</i>



Asheville YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Studio Sign Up					6:00AM-6:55AM (Strength) <i>Karen J.</i> 11:00AM-12:00PM (Strength) <i>Kristina S.</i>	9:30AM-10:20AM (Strength) <i>Roxanne B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Tall Door Court Sign Up					6:30AM-7:20AM (General) <i>Staff</i> 7:30AM-8:20AM (General) <i>Staff</i> 8:30AM-9:20AM (General) <i>Staff</i> 9:30AM-10:20AM (General) <i>Staff</i> 10:30AM-11:20AM (General) <i>Staff</i> 11:30AM-12:20PM (General) <i>Staff</i> 12:30PM-1:20PM (General) <i>Staff</i> 1:30PM-2:20PM (General) <i>Staff</i> 2:30PM-3:20PM (General) <i>Staff</i> 3:30PM-4:20PM (General) <i>Staff</i> 4:30PM-5:20PM (General) <i>Staff</i> 5:30PM-6:20PM (General) <i>Staff</i> 6:30PM-7:20PM (General) <i>Staff</i>	7:30AM-8:20AM (General) <i>Staff</i> 8:30AM-9:20AM (General) <i>Staff</i> 9:30AM-10:20AM (General) <i>Staff</i> 10:30AM-11:20AM (General) <i>Staff</i> 11:30AM-12:20PM (General) <i>Staff</i> 12:30PM-1:20PM (General) <i>Staff</i> 1:30PM-2:20PM (General) <i>Staff</i> 2:30PM-3:20PM (General) <i>Staff</i> 3:30PM-4:20PM (General) <i>Staff</i> 4:30PM-5:20PM (General) <i>Staff</i> 5:30PM-6:20PM (General) <i>Staff</i>	11:30AM-12:20PM (General) <i>Staff</i> 12:30PM-1:20PM (General) <i>Staff</i> 1:30PM-2:20PM (General) <i>Staff</i> 2:30PM-3:20PM (General) <i>Staff</i> 3:30PM-4:20PM (General) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Short Door Court Sign Up					7:00AM-7:50AM (General) <i>Staff</i> 8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i> 6:00PM-6:50PM (General) <i>Staff</i>	8:00AM-8:50AM (General) <i>Staff</i> 9:00AM-9:50AM (General) <i>Staff</i> 10:00AM-10:50AM (General) <i>Staff</i> 11:00AM-11:50AM (General) <i>Staff</i> 12:00PM-12:50PM (General) <i>Staff</i> 1:00PM-1:50PM (General) <i>Staff</i> 2:00PM-2:50PM (General) <i>Staff</i> 3:00PM-3:50PM (General) <i>Staff</i> 4:00PM-4:50PM (General) <i>Staff</i> 5:00PM-5:50PM (General) <i>Staff</i>	11:10AM-12:00PM (General) <i>Staff</i> 12:10PM-1:00PM (General) <i>Staff</i> 1:10PM-2:00PM (General) <i>Staff</i> 2:10PM-3:00PM (General) <i>Staff</i> 3:10PM-4:00PM (General) <i>Staff</i>
Deep Water Fitness South Pool Sign Up					8:30AM-9:20AM (Aquatics) <i>Amy L.</i>		
Low Impact Fitness Gym Sign Up					8:30AM-9:30AM (Combination) <i>Karen J.</i>		
Athletic Conditioning Studio O Sign Up					8:30AM-9:15AM (Strength) <i>Suzanne I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio Sign Up					9:00AM-9:45AM (Cardio) <i>Kate C.</i>	9:00AM-9:45AM (Cardio) <i>Suzanne I.</i>	
CANCELED: Cardio Splash South Pool Sign Up					9:30AM-10:20AM (Aquatics) <i>Dee A.</i>		
Vinyasa Yoga Studio Sign Up					9:45AM-10:45AM (Mind Body) <i>Jackaline S.</i>		
CANCELED: Zumba Gym Sign Up					10:30AM-11:30AM (Dance) <i>Delia R.</i>		
CANCELED: Fluid Movement South Pool Sign Up					10:30AM-11:20AM (Aquatics) <i>Dee A.</i>		
All-Stars Basketball (50+) Gym					11:45AM-1:45PM (General) <i>Staff</i>		
CANCELED: Cycle Express Cycle Studio Sign Up					12:00PM-12:30PM (Cardio) <i>Kate C.</i>		
TRX Multi-Purpose Room Sign Up					12:00PM-12:45PM (Strength) <i>Shona</i>		
Pilates Studio Sign Up					12:30PM-1:30PM (Pilates) <i>Suzanne I.</i>		2:30PM-3:30PM (Pilates) <i>Shonna C.</i>
Hydro Burn South Pool Sign Up					2:00PM-3:00PM (Aquatics) <i>Shonna C.</i>		
Pickle Ball Gym					2:15PM-4:15PM (General) <i>Staff</i>		
Paid Program Studio					4:00PM-5:00PM (Dance) <i>Raven B.</i>		
BODYBALANCE Studio Sign Up						8:15AM-9:15AM (Mind Body) <i>Tracy D.</i>	
Legends Basketball (35+) Gym						9:30AM-1:00PM (General) <i>Staff</i>	
Hip Hop Fitness Studio Sign Up						10:45AM-11:45AM (Dance) <i>Eleanor W.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yogalates Studio Sign Up						12:00PM-1:00PM (Mind Body) <i>Raven B.</i>	
Zumba Studio							11:15AM-12:15PM (Dance) <i>Delia R.</i>
Barre Studio Sign Up							12:30PM-1:30PM (Dance) <i>Raven B.</i>
Vinyasa Yoga Multi-Purpose Room Sign Up							1:00PM-2:00PM (Mind Body) <i>Jackaline S.</i>
Gentle Yoga Studio Sign Up							3:45PM-4:45PM (Mind Body) <i>Shonna C.</i>



Black Mountain YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Fusion Fitness Studio Sign Up					6:00AM-7:00AM (Combination) <i>Carla M.</i>		
Low Impact Fitness Fitness Studio Sign Up					8:30AM-9:15AM (Combination) <i>Jeryl S.</i>		
BODYPUMP Fitness Studio Sign Up					9:45AM-10:45AM (Combination) <i>Jami</i>		
Cardio Splash Pool Sign Up					10:00AM-11:00AM (Aquatics) <i>Rochelle B.</i>		
HIIT Fitness Studio Sign Up					11:00AM-12:00PM (Combination) <i>Julie H.</i>		
Sit to be Fit Fitness Studio Sign Up					12:15PM-1:00PM (Combination) <i>Cyndy K.</i>		
Tai Chi Fitness Studio Sign Up					1:30PM-2:30PM (Mind Body) <i>Jay L.</i>		
Cardio Dance Fitness Studio Sign Up					4:30PM-5:15PM (Dance) <i>Christey C.</i>		
Strength Fusion Fitness Studio Sign Up						9:45AM-10:45AM (Strength) <i>Julie H.</i>	
Power Yoga Fitness Studio Sign Up						11:00AM-12:00PM (Mind Body) <i>Ed C.</i>	
Vinyasa Yoga Fitness Studio Sign Up							2:00PM-3:00PM (Mind Body) <i>Ashley J.</i>



Woodfin YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio B Sign Up					8:00AM-8:45PM (Cardio) <i>Gillian H.</i>	8:10AM-9:10AM (Cardio) <i>Copland R.</i>	10:30AM-11:15AM (Cardio) <i>Kate C.</i>
BODYBALANCE Studio A Sign Up					8:45AM-9:45AM (Combination) <i>Tracy D.</i>	8:45AM-9:45AM (Mind Body) <i>Kate C.</i>	12:15PM-1:15PM (Combination) <i>Emily P.</i>
Strength Fusion Studio B Sign Up					9:00AM-9:45AM (Strength) <i>Shelley N.</i>		11:30AM-12:15PM (Strength) <i>Conny A.</i>
Zumba Studio B Sign Up					10:00AM-10:45AM (Dance) <i>Eugenia W.</i>	12:00PM-12:45PM (Dance) <i>Shari E.</i>	
Gentle Yoga Studio A Sign Up					10:00AM-11:00AM (Mind Body) <i>Shonna C.</i>		9:45AM-10:45AM (Mind Body) <i>Shonna C.</i>
TRX Studio B Sign Up					11:15AM-12:00PM (Strength) <i>Suzanne I.</i>		
Pilates Studio A Sign Up					11:15AM-12:15PM (Pilates) <i>Shonna C.</i>		
BODYPUMP Studio B Sign Up						9:30AM-10:30AM (Strength) <i>Shelley N.</i> 10:45AM-11:45AM (Strength) <i>Cameron W.</i>	
The Groove Studio A Sign Up						10:00AM-10:45AM (Dance) <i>Judy O.</i>	
Vinyasa Yoga Studio A Sign Up						11:00AM-12:00PM (Mind Body) <i>Gillian H.</i>	11:00AM-12:00PM (Mind Body) <i>Elsbeth G.</i>
Yin Yoga Studio A Sign Up						12:15PM-1:30PM (Mind Body) <i>lotus A.</i>	
Tai Chi Studio A Sign Up						2:00PM-3:00PM (Mind Body) <i>Alejandro S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Express Studio B Sign Up							9:30AM-10:15AM (Strength) Kate C.



Corpening Memorial YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Training Studio B Sign Up					9:00AM-9:45AM (Strength) <i>Jody L.</i>	10:00AM-10:45AM (Strength) <i>Leslie H.</i>	
Fluid Movement Pool Sign Up					9:30AM-10:30AM (Aquatics) <i>Louise G.</i>		
Tai Chi Studio B Sign Up					10:00AM-11:00AM (Mind Body) <i>David M.</i>		
Strength and Balance Studio A Sign Up					10:00AM-10:45AM (General) <i>Beth P.</i>		
Cycle Cycle Studio Sign Up						9:00AM-9:45AM (Cardio) <i>Joyce B.</i>	
Pilates Studio A Sign Up							2:00PM-3:00PM (Mind Body) <i>Gergana A.</i>