



Woodfin YMCA | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Express Studio B Sign Up							9:30AM-10:15AM (Strength) <i>Cameron W.</i>
Gentle Yoga Studio A Sign Up							9:45AM-10:45AM (Mind Body) <i>Shonna C.</i>
Cycle Studio B Sign Up							10:30AM-11:15AM (Cardio) <i>Copland R.</i>
Vinyasa Yoga Studio A Sign Up							11:00AM-12:00PM (Mind Body) <i>Elspeth G.</i>
Strength Fusion Studio B Sign Up							11:30AM-12:15PM (Strength) <i>Conny A.</i>
BODYBALANCE Studio A Sign Up							12:15PM-1:15PM (Combination) <i>Karen J.</i>



Ferguson Family YMCA | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Short Door Court Sign Up							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>
Racquetball Tall Door Court Sign Up							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>
Barre Studio Sign Up							12:30PM-1:30PM (Dance) <i>Kayla A.</i>
Vinyasa Yoga Multi-Purpose Room Sign Up							1:00PM-2:00PM (Mind Body) <i>Raven B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio Sign Up							2:30PM-3:30PM (Pilates) <i>Shonna C.</i>
Gentle Yoga Studio Sign Up							3:45PM-4:45PM (Mind Body) <i>Shonna C.</i>



Hendersonville Family YMCA | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Sculpt Fitness Studio Sign Up							12:00PM-12:45PM (Combination) <i>Bill A.</i>
Hydro Burn Pool Sign Up							1:10PM-2:00PM (Aquatics) <i>Doreen B.</i>
Power Yoga Fitness Studio Sign Up							1:30PM-2:30PM (Mind Body) <i>Bill A.</i>
Slow Flow Yoga Fitness Studio Sign Up							3:00PM-4:00PM (Mind Body) <i>Meredith G.</i>



Reuter Family YMCA | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Hop Fitness Studio A Sign Up							1:00PM-1:50PM (General) <i>Illysa H.</i>
Tai Chi for Joint Health Mind Body Studio Sign Up							1:00PM-2:00PM (Mind Body) <i>Alejandro S.</i>
BODYPUMP Studio A Sign Up							2:00PM-3:00PM (General) <i>Illysa H.</i>
Restorative Yoga Mind Body Studio Sign Up							2:30PM-3:45PM (Mind Body) <i>Kathryn L.</i>



Black Mountain YMCA | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Fitness Studio Sign Up							2:00PM-3:00PM (Mind Body) <i>Martha N.</i>



Corpening Memorial YMCA | March 24th - March 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio A Sign Up							2:00PM-3:00PM (Mind Body) Gergana A.