

# GROUP EXERCISE CLASS DESCRIPTIONS

## DANCE

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

**Cardio Dance** – If you love to dance and workout, this class is 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. Suitable for all fitness levels.

## AQUATICS

**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.

**Cardio Splash** – A deep/shallow moderate intensity combination class that will jumpstart your cardiovascular workout. This class also includes core strengthening exercises and stretching for maximum flexibility and range of motion.

**Hydroburn** – A high-intensity total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints.

**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.

## STRENGTH

**Total Body Training** – Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body.

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

## COMBINATION

**Athletic Conditioning** – A cross training workout that combines movements from various sports, boot camp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance

**Barre** – Combining 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!

**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, A total body workout. Instructors will coach you through the scientifically-backed moves and techniques – helping you achieve much more than on your own!

**HITT** – High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus.

**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 & 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.

## CARDIO

**BODYCOMBAT** – 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, bring your sweat towel, and leave inhibitions at the door

**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.

**RPM** – indoor cycling workout that is fun and low impact, where you control the intensity. Instructor takes you on a journey of hill climbs, sprints and flat riding.

## MIND / BODY

### Gentle Yoga

A yoga class for anyone seeking relaxation. This class will work through the fundamentals of yoga.

### Pilates

This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout. Note: Please talk to your instructor before class if you have osteopenia or osteoporosis.

### 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

### Tai Chi Club

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

Students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. 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.



# GROUP EXERCISE SCHEDULE

HENDERSONVILLE FAMILY YMCA

September 2023

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Reserve Your Spot

Download the  
mobile app?

Register for classes & stay in the  
know for the latest updates

Search YMCA of WNC or scan this code



## FACILITY HOURS

Mon – Th. 5:30 am – 9:00 pm  
Fri. 5:30 am – 8:00 pm  
Sat. 7:00 am – 5:00 pm  
Sun. 11:00 am – 5:00pm

## INDOOR POOL HOURS

Mon – Th. 5:30 am – 8:50 pm  
Fri. 5:30 am – 7:30 pm  
Sat. 7:00 am – 4:30 pm  
Sun. 11:00 am – 4:30pm

HENDERSONVILLE FAMILY YMCA

810 6th Ave W  
Hendersonville, NC 28739  
828 697 9622 • ymcawnc.org



# HENDERSONVILLE GROUP EXERCISE SCHEDULE

## September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:20a <b>FS</b> ∞ HIIT Ann	5:45-6:30a <b>FS</b> Les Mill's BODYPUMP Ann	5:45-6:20a <b>FS</b> ∞ HIIT Jennifer	5:45-6:30a <b>FS</b> Les Mill's BODYPUMP Ann	5:45-6:20a <b>FS</b> ∞ HIIT Jennifer		
8:00-8:45a <b>G</b> Pilates Linda	6:00- 6:45a <b>G</b> ∞ Total Body Training Roxie	8:00- 8:45a <b>G</b> Pilates Linda	6:00-6:45a <b>G</b> ∞ Total Body Training Roxie	8:00- 8:45a <b>G</b> Pilates Wendy	8:30-9:15a <b>CS</b> ∞ Cycle Tara	
8:00 - 8:45a <b>FS</b> ∞ Les Mill's BODYCOMBAT Allyson	8:00-8:45a <b>FS</b> ∞ Rise and Shine Lee	8:00 - 8:45a <b>FS</b> ∞ Les Mill's BODYCOMBAT Allyson	8:00-8:45a <b>FS</b> ∞ Rise and Shine Lee		8:30 - 9:15a <b>FS</b> ∞ Les Mill's BODYCOMBAT Ashley/Kate/Allyson	
9:00-9:45a <b>G</b> ∞ TRX Ann	9:00-9:50a <b>O/G</b> Athletic Conditioning Leo	9:00-9:45a <b>G</b> ∞ TRX Mary	9:00-9:50a <b>O/G</b> Athletic Conditioning Leo	9:00- 9:45a <b>FS</b> ∞ The Groove Tina	9:00 - 9:50a <b>O/G</b> Athletic Conditioning Leo	
9:00-9:45a <b>FS</b> ∞ Cardio Dance Lee	9:00- 9:45a <b>FS</b> ∞ Step Kelly	9:00-9:45a <b>FS</b> ∞ Cardio Dance Lee	9:00- 9:45a <b>FS</b> ∞ Step Emily	9:00-9:45a <b>G</b> ∞ TRX Regina		
9:00- 9:45a <b>CS</b> ∞ Cycle Mary	9:00-9:45a <b>CS</b> ∞ Les Mill's RPM Kate		9:00- 9:45a <b>CS</b> ∞ Cycle Carrie	9:00- 9:45a <b>CS</b> ∞ RPM Mary		
9:10-10:00a <b>P</b> ∞ Aqua Tabata Melissa	9:10-10:00a <b>P</b> ∞ Hydro burn Doreen	9:10-10:00a <b>P</b> ∞ Aqua Tabata Melissa	9:10-10:00a <b>P</b> ∞ Hydro burn Doreen	9:10-10:00a <b>P</b> ∞ Aqua Tabata Wendy	10:00-10:50a <b>G</b> Vinyasa Yoga Lindsay	
10:00-10:45a <b>G</b> ∞ TRX Ann	10:10-11:00a <b>P</b> ∞ Aqua Tabata Melissa	10:00-10:45a <b>G</b> ∞ TRX Mary		10:00-10:45a <b>G</b> ∞ TRX Regina	11:00-11:45a <b>G</b> ∞ TRX Lorie	
10:00-11:00a <b>FS</b> Les Mill's BODYPUMP Gena	10:00-10:45a <b>G</b> ∞ TRX Kat	10:00-11:00a <b>FS</b> Les Mill's BODYPUMP Gena	10:00-10:45a <b>G</b> ∞ TRX Kat	10:00-11:00a <b>FS</b> Les Mill's BODYPUMP Christina	11:00-11:45p <b>FS</b> ∞ Zumba Therese	1:10- 2:00p <b>P</b> ∞ Hydro burn Roxie
10:10-11:00a <b>P</b> ∞ Cardio Splash Melissa	10:00-10:45a <b>FS</b> ∞ Barre Ann	10:10-11:00a <b>P</b> ∞ Cardio Splash Melissa	10:00-10:45a <b>FS</b> ∞ Barre Ann	10:10-11:00a <b>P</b> ∞ Cardio Splash Wendy		1:30p-2:30p <b>FS</b> Power Yoga Bill
11:00-12:00a <b>G</b> Gentle Yoga Regina	11:00 -11:50a <b>G</b> Pilates Lee	11:00-12:00a <b>G</b> Gentle Yoga Regina	11:00-11:50 <b>FS</b> Pilates Lee	11:00-12:00a <b>G</b> Gentle Yoga Christina		
	12:00- 12:55p <b>FS</b> Tai Chi Sharon	11:10-12:00p <b>P</b> Fluid Movement Linda	12:00- 12:55p <b>FS</b> Tai Chi Sharon	11:10-12:00p <b>P</b> Fluid Movement Wendy		
		12:15- 1:10p <b>G</b> Low Impact Fitness Linda		12:15- 1:10p <b>G</b> Low Impact Fitness Roxie		
12:15-1:10p <b>G</b> Low Impact Fitness Linda	4:00-4:45p <b>FS</b> Total Body Training Melissa	1:15-2:15p <b>O</b> Tai Chi Club-Advanced Sharon	4:00-4:45p <b>FS</b> Total Body Training Melissa			
5:00-6:00p <b>FS</b> Les Mill's BODYPUMP Emily	5:00- 5:45p <b>FS</b> ∞ Les Mill's BODYCOMBAT Ashley	5:00-6:00p <b>FS</b> Les Mill's BODYPUMP Emily	5:00- 5:45p <b>FS</b> ∞ Les Mill's BODYCOMBAT Kate	1:15-2:15p <b>O</b> Tai Chi Club-Advanced Sharon		
5:30- 6:15p <b>CS</b> ∞ Les Mill's RPM Kate	6:00- 6:45p <b>FS</b> ∞ Zumba Therese		6:00- 6:45p <b>FS</b> ∞ Zumba Helen	5:30- 6:15p <b>CS</b> ∞ Les Mill's RPM Kate		
6:30p-7:30p <b>FS</b> Yin Yoga Bill	6:10- 7:00p <b>P</b> ∞ Hydro burn Roxie	6:30p-7:30p <b>FS</b> Yin Yoga Regina	6:10-7:00p <b>P</b> ∞ Hydro burn Roxie	6:30p-7:30p <b>FS</b> Power Yoga Bill		

Check out our virtual classes available every day of the week, please go to <https://ymcawnc.org/virtual-ymca> for a full schedule.

For more outdoor classes, all 7 of our centers are offering a variety of options for schedules: <https://ymcawnc.org/schedules>

**Class Reservations open 26 hours in advance of class time.**

**Reservation required for every class. Please register on our mobile app or online.**

If you are unable to attend a class you are registered for, please cancel your reservation to create more room for other members to participate.

**O**-Outdoors **P** - Pool  
**V** - Virtual **G** - Gym

**FS** - Fitness Studio  
**CS** - Cycle Studio

**∞** - Family Friendly  
**\*** - Time Change

Patton Pool is located at 1141 E Clairmont Dr Hendersonville, NC

Location of class may changed based on weather. Register for all classes in advance to receive location updates