

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO

**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.

**BODYCOMBAT** is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn calories in a class. 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.

**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™** is a group indoor cycling workout that is fun and low impact, where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness

## CARDIO / STRENGTH

**Athletic Conditioning** Intense cardio, strength, plyometric drills, & core work designed to improve performance in athletics & everyday activities. A.C.E is "express" (30 minutes).

**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.

**Booty Barre®** This workout class is a fun, energetic workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Booty Barre training is the perfect combination of strength and flexibility with an added cardiovascular element.

**Kickboxing** Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and

flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

## DANCE

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

**Hip Hop Fitness** A dance-based cardio and toning program that blends various hip hop and dancehall moves to strengthen the core and lower body. Dip, shake and pump your body to the hottest hits while getting fit and having fun!

## AQUATICS

**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.

**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.

**Aqua Zumba** A class that is safe, effective and a challenging water-based workout, that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

**Deep Water Fitness** While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system, improving your overall health and fitness! Flotation belts for support in the deep water are provided.

## STRENGTH

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

**Total Body Training** Want to burn fat, build muscle and have fun? Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body.

**Core Conditioning** A muscle toning class that focuses on your core through trunk stability and strength.

**BODYPUMP** – 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 feeling challenged and motivated, ready to come back for more.

## MIND / BODY

**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.

**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.

**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.

**Yogalates** Yogalates is the integration of classic Pilates exercises with slow flow Yoga. We will be focusing on strengthening the muscles of the core with particular attention to the abdominal. We also will focus on lengthening muscles through yoga flow sequences.

**Pilates** This conditioning program 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.

**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.

**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 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.

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

ASHEVILLE YMCA

October 2023

Asheville YMCA  
30 Woodfin St  
Asheville, NC 28801  
828 210 9622 • ymcawnc.org

## RESERVE YOUR SPOT

Classes require registration,  
scan QR code to access our app  
and register



## Center Hours

Mon-Thurs	5:30am - 9:00pm
Fri	5:30am - 8:00pm
Sat	7:00am - 7:00pm
Sun	11:00pm - 5:00pm

## CHILDCARE HOURS

Mon.-Thur.	8:30am - 1:00pm 4:00pm—8:00 pm
Fri.	8:30am - 1:00pm
Sat.	8:30am - 1:00pm
Sun.	1:00pm-5:00pm



# ASHEVILLE GROUP EXERCISE SCHEDULE

## OCTOBER 2023

**O** Outdoor Studio    **St** Studio    **CS** Cycle Studio  
**Gym** Gymnasium    **MP** Multi-Purpose Room

- New to Group Exercise Class/ Active Older Adults
- ! High Intensity/ Experienced Exercisers
- ∞ Kids Class / Family Friendly
- New Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a-6:55a Body Pump-St Roxanne mod	6:15a-7:00a Cycle-CS Julie W. hi	6:00a-6:55a Body Pump-St Roxanne mod	6:15a-7:00a Cycle- CS Julie W. hi	6:00a-6:55a Body Pump-St Karen mod	8:15a-9:15a Body Balance St Laura P mod/hi	
7:15a-8:15a Body Balance St Greta mod/hi	7:00a-7:45a HITT- ST Suzanne hi	8:00a-8:45a Athletic Conditioning-O Suzanne hi !	8:00a-8:45a Athletic Conditioning-O Julie W. hi !	7:15a-8:15a Body Balance St Greta mod/hi	9:00a-9:45a Cycle -CS Aileen hi	
8:00a-8:45a Athletic Conditioning-O Steve hi !	8:00a-8:45a Athletic Conditioning-O Suzanne hi !	8:30a-9:20a Low Impact Fitness GYM Karen low/mod	9:00a-10:15am Vinyasa Yoga- MP Stephanie low/mod	8:00a-8:45a Athletic Conditioning-O Steve-hi !	9:30a-10:25 a Body Pump-St Karen/ Roxanne mod	
8:30a-9:30a Low Impact Fitness-GYM • Carmen low/mod	9:00a-10:15am Vinyasa Yoga- MP Dede low/mod	9:00-9:45a Cycle- CS Becky hi	9:30a-10:20a Flex & Stretch -GYM • Carmen low	8:30a-9:30a Low Impact Fitness - GYM	10:45a-11:45a Hip Hop Fitness-St Eleanor mod/hi	
9:00-9:45a Cycle- CS Becky hi	9:30a-10:20a Flex & Stretch -GYM • Carmen low	9:30a-10:30a Tai Chi -MP • Tyler low	9:45a-10:45a Pilates-St Suzanne low/mod	9:45a-10:45a Vinyasa Yoga-St Stephanie mod\hi !	12:00p-1:00p Yogalates- St Liesa low/mod	
9:30a-10:30a Booty Barre -St Eva hi	9:45a-10:45a Pilates-St Liesa low/mod	9:30a-10:30a Booty Barre -St Eva hi	11:00a-11:45a TRX- MP Julie W. mod/Hi	10:30a-11:30a Delia Rose-GYM ∞ mod/hi		
10:30a-11:30a Zumba -GYM ∞ Staff	11:00a-11:45a TRX- MP Julie mod/hi	10:30a-11:30a Zumba-GYM ∞ Eugenia mod/hi	11:00a-11:45a Body Pump-St Karen mod	11:00a-11:45a TRX- MP Shona mod/hi		
11:00a-11:45am TRX Ted mod/hi	11:00a-11:45a Body Pump-St Karen mod	10:45a-11:45p Chair Yoga- MP Dede low	12:00p-1:00p Body Balance St Shona mod/hi	11:00a-11:50a Total Body Training- St Jon mod		
11:00a-11:50a Total Body Training- St Suzanne mod	12:00p-1:00 Body Balance St Shona mod/hi	11:00a-11:50a Total Body Training- St Ted mod	12:00p-12:45p HIIT- O/MP Suzanne mod	12:30p-1:30p Pilates- St Suzanne mod		1:00p-2:00p Power Yoga -St • Jen/Hannah mod
12:00p-12:45p Kickboxing-St Ted hi	4:15p-5:00p TRX- MP Suzanne mod/hi	12:00-12:45p Kickboxing-St Ted hi	4:15p-5:00p TRX- MP Suzanne mod/hi			2:30p-3:30p Pilates-St Shonna C. low/mod
4:00p-5:15p Vinyasa Yoga-MP Vinny low/mod	4:30p-5:30p Vinyasa Yoga-St Stephanie mod/hi !	4:00p-5:15p Gentle Yoga-MP • Greta low	4:30p-5:30p Vinyasa Yoga-St Vinita low/mod			3:45p-4:45p Gentle Yoga -St • Shonna C. low
4:15p-5:15p Body Pump St Laura R mod	5:45p-6:30p Body Combat- St Tracy hi	4:15p-5:15p Body Pump St Laura R mod	5:45p-6:30p Body Combat- St Tracy hi			
5:30p-6:30p Zumba St ∞ Delia Rose mod/hi	5:45p-6:30p Cycle- CS Daniel hi	5:30p-6:30p Hip Hop Fitness -St Eleanor mod/hi	6:45p-7:45p Slow Flow Yoga -MP • Brittany low			
5:45p-7:00p Gentle Yoga -MP • Dede low	6:45p-7:45p Slow Flow Yoga-MP • Brittany low	5:45p-6:30p Cycle- CS Greta hi				
5:45p-6:30p Cycle- •CS Greta High		6:45p-7:45p Restorative Yoga -MP • Greta low				

Water Exercise Classes- South Pool				
MON	TUES	WED	THURS	FRI
9:00a-9:50a Hydro Burn Shonna C. hi	9:00a-9:50a Hydro Burn Cece hi	9:30a-10:20a Cardio Splash • Dede low/mod	9:00a-9:50a Hydro Burn Cece hi	08:30a-9:20a Deep Water Fitness • Amy hi
10:30a-11:20a Fluid Movement• Shonna hi	10:00a-10:50a Cardio Splash • Cece low/mod	10:30a-11:20a Cardio Splash • Dee hi	10:00a-10:50a Cardio Splash • Cece low/mod	
2:00p-3:00p Hydro Burn Dee hi		2:00p-3:00p Hydro Burn Dee hi		2:00p-3:00p Hydro Burn Dee hi

## VIRTUAL GROUP EX

Find live virtual classes and an online video library that members have access to at your convenience  
[ymcawnc.org/virtual-y](https://ymcawnc.org/virtual-y)