

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.

The Groove

a dynamically interactive and creative group dance experience. With great music, your facilitator will UNITE everyone in a simple movement or rhythm but you get to dance it your own UNIQUE way.

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 and agility.

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 – Using light to moderate weights with lots of repetition, A total body workout.

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.

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.

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.

Slow Flow Yoga

a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga.

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.

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.

Pilates

This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout.

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

For Tai Chi students that have practiced for over a year. Please contact Sharon Murnane if you are interested in attending any of the meetings.

smurnane49@gmail.com



DECEMBER 2023

GROUP EXERCISE SCHEDULE

HENDERSONVILLE FAMILY YMCA

Reserve Your Spot

Registration opens 26 hours in advance.

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 W 6th Ave | 828.697.9622
ymcawnc.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:20a FS ∞ HIIT Ann	5:45-6:30a FS Les Mill's BODYPUMP Jennifer	5:45-6:20a FS ∞ HIIT Jennifer	5:45-6:30a FS Les Mill's BODYPUMP Jennifer	5:45-6:20a FS ∞ HIIT Jennifer		
8:00 - 8:45a G Pilates Linda	6:00 – 6:45a G ∞ Total Body Training Roxie	8:00 – 8:45a G Pilates Linda	6:00–6:45a G ∞ Total Body Training Roxie	8:00– 8:45a G Pilates Wendy	8:30—9:15a CS ∞ Cycle Mary/Rainy	
8:00 - 8:45a FS Les Mill's BODYCOMBAT Allyson	8:00 - 8:45a FS ∞ Rise and Shine Lee	8:00 - 8:45a FS ∞ Les Mill's BODYCOMBAT Allyson	8:00-8:45a FS ∞ Rise and Shine Lee		8:30 - 9:15a FS ∞ Les Mill's BODYCOMBAT Ashley/Kate/Allyson	
9:00—9:45a G ∞ TRX Jennifer	9:00 - 9:50a O/G Athletic Condition- ing Leo	9:00 - 9:45a G ∞ TRX Mary	9:00—9:50a O/G Athletic Condition- ing Leo	9:00—9:45a G ∞ TRX Michal Ruth		
9:00—9:45a FS ∞ Cardio Dance Lee	9:00 – 9:45a FS ∞ Step Kelly	9:00 - 9:45a FS ∞ Cardio Dance Lee	9:00– 9:45a FS ∞ Step Kelly	9:00– 9:45a FS ∞ The Groove Tina	9:00 - 9:50a O/G Athletic Condition- ing Leo	
9:00– 9:45a CS ∞ Cycle Mary	9:00—9:45a CS ∞ Les Mill's RPM Kate		9:00—9:45a CS ∞ Les Mill's RPM Kate	9:00– 9:45a CS ∞ Les Mill's RPM Mary		
10:00—10:45a G ∞ TRX Regina	10:00—10:45a G ∞ TRX Michal Ruth	10:00—10:45a G ∞ TRX Mary	10:00—10:45a G ∞ TRX Regina	10:00—10:45a G ∞ TRX Michal Ruth	10:00–10:50a G Vinyasa Yoga Lindsay	
10:00-11a FS Les Mill's BODYPUMP Gena	10:00-10:45a FS ∞ Barre Ann	10:00-11:00a FS Les Mill's BODYPUMP Gena	10:00-10:45a FS ∞ Barre Ann	10:00-11:00a FS Les Mill's BODYPUMP Christina	11:00—11:45a G ∞ TRX Lorie	
11:00-12a G Gentle Yoga Regina	11:00-12:00a FS Les Mill's BODYPUMP Ann	11:00-12:00a G Gentle Yoga Regina	11:00-12:00a FS Les Mill's BODYPUMP Ann	11:00-12:00a G Gentle Yoga Christina	11:00-11:45p FS ∞ Zumba Therese	
12:15–1:10p G Low Impact Fitness Linda	11:00 -11:50a G Pilates Lee	12:15–1:10p G Low Impact Fit- ness Linda	11:00-11:50 G Pilates Lee	12:15–1:10p G Low Impact Fit- ness Roxie		
	12:00– 12:55p FS Tai Chi Sharon		12:00– 12:55p FS Tai Chi Sharon			
	1:00-2:00a FS Slow Flow Yoga Regina	1:15-2:15p O Tai Chi Club— Advanced Sharon	1:00-2:00a FS Slow Flow Yoga Regina	1:15-2:15p O Tai Chi Club— Advanced Sharon		1:30p-2:30p FS Power Yoga Bill
5:00-6:00p FS Les Mill's BODYPUMP Emily	4:00-4:45p FS Total Body Training Melissa	5:00-6:00p FS Les Mill's BODYPUMP Emily	4:00-4:45p FS Total Body Training Melissa			
5:30– 6:15p CS ∞ Les Mill's RPM Kate	5:00– 5:45p FS ∞ Les Mill's BODYCOMBAT Ashley	5:30– 6:15p CS ∞ Cycle Rainy NEW!	5:00– 5:45p FS ∞ Les Mill's BODYCOMBAT Kate	5:30– 6:15p CS ∞ Les Mill's RPM Kate		
6:30p-7:30p FS Yin Yoga Bill	6:00– 6:45p FS ∞ Zumba Therese	6:30p-7:30p FS Yin Yoga Regina	6:00– 6:45p FS ∞ Zumba Helen	6:30p-7:30p FS Power Yoga Bill		

DECEMBER 2023

O-Outdoors **G** - Gymnasium **FS** - Fitness Studio **CS** - Cycle Studio

∞ - Family Friendly * - Time Change

Water Exercise Classes ∞					
MON	TUES	WED	THUR	FRI	SUN
9:10-10a Aqua Tabata Melissa	9:10-10a Hydro burn Doreen	9:10-10a Aqua Tabata Melissa	9:10-10a Hydro burn Doreen	9:10-10a Aqua Tabata Wendy	
10:10-11a Cardio Splash Melissa	10:10-11a Aqua Tabata Melissa	10:10-11a Cardio Splash Melissa		10:10-11a Cardio Splash Melissa	
11:10-12p Fluid Movement Linda		11:10-12p Fluid Movement Linda		11:10-12p Fluid Movement Melissa	1:10– 2p Hydro burn Roxie
	6:10– 7p Hydro burn Roxie		6:10-7p Hydro burn Roxie		

Reservation required for every class. Registration opens 26 hours in advance.

If you are unable to attend a class you are registered for, please cancel your reservation.

***Reservation is forfeited if not present at scheduled start of class

