

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.

NIA - A dance movement class for all ages and abilities, non-impact yet great workout, safe on back, knees and hips, similar to Zumba or Groove, incorporates martial, dance and healing arts -- lots of fun and great music!

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.

Aqua Power Fusion - advanced aquatic workout designed to challenge and transform. This high-energy class combines intense cardio and strength training, all within the natural resistance of water. Engage in a dynamic mix of interval and HIIT training to build strength, boost endurance, and enhance overall fitness.

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.

Hydro burn - 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. "

COMBINATION

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.

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.

Ageless Grace Brain Health is a seated class for all ages and abilities that stimulates all 5 functions of your brain through fun, playful and innovative movements and great music! The evidence-based program uses 21 tools or exercises to activate your entire body and brain

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.

Yoga Sculpt - A workout flow designed to develop strength, muscle tone, endurance, and balance. This moderately paced with workout will combine body weight, dumbbells, and resistance band training experiencing elements of yoga, Pilates, aerobics, and strength training.

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.

CARDIO

BODYCOMBAT - high energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed.

Cycle - A group exercise class done on stationary bikes that includes a variety of cycling techniques and skills to provide a high energy cardio.

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. contact Sharon Murnane if you are interested in attending any of the meetings. smurnane49@gmail.com



GROUP EXERCISE

NOVEMBER 2024

HENDERSONVILLE FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hendersonville Family YMCA

810 W 6th Ave | 828.697.9622

ymcawnc.org

RESERVE YOUR SPOT

Required reservations open 26 hours in advance

Scan this code to download the mobile app and get started!



Reservation is forfeited if not present at scheduled start of class

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 - 8:30 pm
Fri.	5:30 am - 7:30 pm
Sat.	7:00 am - 4:30 pm
Sun.	11:00 am - 4:30pm

CHILDCARE HOURS

Mon - Fri	8:00 am - 12:00 pm
Mon - Thur	3:30 pm - 7:30 pm
Sat.	8:00 am - 12:00 pm
Sun.	Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45a FS ! Les Mills BODYCOMBAT Ashley	5:45-6:30a FS Les Mills BODYPUMP Express Emily D	6:00 - 6:45a FS ! Les Mills BODYCOMBAT Allyson	5:45-6:30a FS Les Mills BODYPUMP Express Emily D		8:30-9:15a CS ∞ Cycle Mary/Rainy	
	6:00 - 6:45a G ∞ Core Conditioning Roxie		6:00-6:45a G ∞ Core Conditioning Roxie		8:30 - 9:15a FS ! Les Mills BODYCOMBAT Ashley/Allyson	
8:00 - 8:45a G Pilates Linda	8:00 - 8:45a FS ∞ Rise and Shine Lee	8:00 - 8:45a G Pilates Linda	8:00-8:45a FS ∞ Rise and Shine Lee	8:00- 8:45a G Pilates Wendy	9:00 - 9:55a O/G ! Athletic Conditioning Leo	
8:00 - 8:45a FS ! Les Mill's BODYCOMBAT Allyson	9:00 - 9:55a O/G ! Athletic Conditioning	8:00 - 8:45a FS ! Les Mill's BODYCOMBAT Allyson	9:00-9:55a O/G ! Athletic Conditioning	8:00 - 8:45a FS ! Les Mill's BODYCOMBAT Allyson	10:00-10:50a G Vinyasa Yoga Lindsay	12:00 -12:45p FS Yoga Sculpt Bill
9:00-9:45a G ∞ TRX Caryl	9:00 - 9:45a FS ∞ Step Kelly	9:00 - 9:45a G ∞ TRX Mary	9:00- 9:45a FS ∞ Step Kelly	9:00-9:45a G ∞ TRX Michal Ruth	11:00-11:55p FS ∞ Zumba Therese	1:30p-2:30p FS Power Yoga Bill
9:00-9:45a FS ∞ Cardio Dance Helen	9:00- 9:45a CS ∞ Cycle Carrie	9:00 - 9:45a FS ∞ Cardio Dance Helen	9:00- 9:45a CS ∞ Cycle Carrie	9:00-9:45a FS NIA Denise		3:00-4:00a FS Slow Flow Yoga Meredith
9:00- 9:45a CS ∞ Cycle Mary	10:00-10:45a FS ∞ Barre Debby		10:00-10:45a FS ∞ Barre Ann	9:00- 9:45a CS ∞ Cycle Mary	<div style="text-align: center;">EVENTS</div> <ul style="list-style-type: none"> Preventing Falls & Building Strength in older adulthood 11/4 Women on Weights 1.0 starts 11/5 Kettlebell Workshop with Leo 11/14 Women Warriors starts 11/15 Les Mills Bodypump Technique Clinic 11/16 Roll & Release Workshop 11/18 Game Day! 11/18 <p>Remember to Register at the membership desk to join!</p>	
10:00-10:45a G ∞ TRX Erin	10:05-10:50a G ∞ TRX Michal Ruth	10:00-10:45a G ∞ TRX Erin	10:05-10:50a G ∞ TRX Erin	10:00-10:45a G ∞ TRX Michal Ruth		
10:00-11a FS Les Mill's BODYPUMP Gena	11:00-11:45a FS Les Mills BODYPUMP Express	10:00-11:00a FS Les Mill's BODYPUMP Gena	11:00-11:45a FS Les Mills BODYPUMP Express	10:00-10:55a FS Les Mills BODYPUMP Christina		
11:00-11:55a G Gentle Yoga Lee	11:00-11:55a G Yogalates Lee	11:00-11:55a G Gentle Yoga Mandy	11:00-11:55a G Yogalates Lee	11:00-11:55a G Gentle Yoga Christina		
11:15-12:00p FS ∞ Barre Debby	12:00- 12:55p FS Tai Chi Sharon	11:15-12:00p FS ∞ Barre Debby	12:00- 12:55p FS Tai Chi Sharon			
12:15-1:10p G Low Impact Fitness Linda	1:00-2:00a FS Slow Flow Yoga Regina	12:15-1:10p G Low Impact Fitness Linda	1:00-2:00a FS Slow Flow Yoga Regina	12:15-1:10p G Low Impact Fitness Roxie		
	2:15-3:15p FS/CR Chair Yoga Regina	1:15-2:15p FS/CR Tai Chi Club-Advanced Sharon	2:15-3:15p FS/CR Chair Yoga Regina	12:15 - 1:00p FS Pilates Linda		
	4:00-4:45p FS Total Body Training Melissa	2:30-3:30p CR Ageless Grace Denise/Doreen	4:00-4:45p FS Total Body Training Melissa	1:15-2:15p FS Tai Chi Club-Advanced Sharon		
5:00-6:00p FS Les Mills BODYPUMP Emily C	5:00- 5:55p FS ! Les Mill BODYCOMBAT Ashley	5:00-6:00p FS Les Mills BODYPUMP Emily C	5:00- 5:55p FS ! Les Mill BODYCOMBAT Ashley			
	6:00- 6:55p FS ∞ Zumba Therese		6:00- 6:55p FS ∞ Zumba-Bilingual Carmen V			
	5:30- 6:15p CS ∞ Cycle - Bilingual Rainy	5:30- 6:15p CS ∞ Cycle Rainy	5:30- 6:15p CS ∞ Cycle - Bilingual Rainy			
6:30p-7:30p FS Yin Yoga Bill			6:30p-7:30p CR Yin Yoga Bill	6:30p-7:30p FS Power Yoga Bill		

HENDERSONVILLE GROUP EXERCISE SCHEDULE

NOVEMBER 2024

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have changed

O Studio O (Turf Field)

FS Fitness Studio

Classes in **BLUE** are

Gym Gymnasium

CS Cycle Studio

aquatic

CR Community Room

classes

! High Intensity

∞ Family Friendly / Kid class

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 Power Fusion 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		

VIRTUAL GROUP EX

Workout ANYWHERE

ymcawnc.org/virtual-y