

# 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

## DECEMBER 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 <b>FS !</b> <b>Les Mills BODYCOMBAT</b> Ashley	5:45-6:30a <b>FS</b> <b>Les Mills BODYPUMP Express</b> Emily D	6:00 - 6:45a <b>FS !</b> <b>Les Mills BODYCOMBAT</b> Allyson	5:45-6:30a <b>FS</b> <b>Les Mills BODYPUMP Express</b> Emily D		8:30-9:15a <b>CS ∞</b> <b>Cycle</b> Mary/Rainy	
	6:00 - 6:45a <b>G ∞</b> <b>Core Conditioning</b> Roxie		6:00-6:45a <b>G ∞</b> <b>Core Conditioning</b> Roxie		8:30 - 9:15a <b>FS !</b> <b>Les Mills BODYCOMBAT</b> Ashley/Allyson	
8:00 - 8:45a <b>G</b> <b>Pilates</b> Linda	8:00 - 8:45a <b>FS ∞</b> <b>Rise and Shine</b> Lee	8:00 - 8:45a <b>G</b> <b>Pilates</b> Linda	8:00-8:45a <b>FS ∞</b> <b>Rise and Shine</b> Lee	8:00- 8:45a <b>G</b> <b>Pilates</b> Wendy	9:00 - 9:55a <b>O/G !</b> <b>Athletic Conditioning</b> Leo	
8:00 - 8:45a <b>FS !</b> <b>Les Mill's BODYCOMBAT</b> Allyson	9:00 - 9:55a <b>O/G !</b> <b>Athletic Conditioning</b>	8:00 - 8:45a <b>FS !</b> <b>Les Mill's BODYCOMBAT</b> Allyson	9:00-9:55a <b>O/G !</b> <b>Athletic Conditioning</b>	8:00 - 8:45a <b>FS !</b> <b>Les Mill's BODYCOMBAT</b> Allyson	10:00-10:50a <b>G</b> <b>Vinyasa Yoga</b> Lindsay	12:00 -12:45p <b>FS</b> <b>Yoga Sculpt</b> Bill
9:00-9:45a <b>G ∞</b> <b>TRX</b> Caryl	9:00 - 9:45a <b>FS ∞</b> <b>Step</b> Kelly	9:00 - 9:45a <b>G ∞</b> <b>TRX</b> Mary	9:00- 9:45a <b>FS ∞</b> <b>Step</b> Kelly	9:00-9:45a <b>G ∞</b> <b>TRX</b> Michal Ruth	11:00-11:55p <b>FS ∞</b> <b>Zumba</b> Therese	1:30p-2:30p <b>FS</b> <b>Power Yoga</b> Bill
9:00-9:45a <b>FS ∞</b> <b>Cardio Dance</b> Helen	9:00- 9:45a <b>CS ∞</b> <b>Cycle</b> Carrie	9:00 - 9:45a <b>FS ∞</b> <b>Cardio Dance</b> Helen	9:00- 9:45a <b>CS ∞</b> <b>Cycle</b> Carrie	9:00-9:45a <b>FS</b> <b>NIA</b> Denise		3:00-4:00a <b>FS</b> <b>Slow Flow Yoga</b> Meredith
9:00- 9:45a <b>CS ∞</b> <b>Cycle</b> Mary	10:00-10:45a <b>FS ∞</b> <b>Barre</b> Debby		10:00-10:45a <b>FS ∞</b> <b>Barre</b> Ann	9:00- 9:45a <b>CS ∞</b> <b>Cycle</b> Mary		
10:00-10:45a <b>G ∞</b> <b>TRX</b> Erin	10:05-10:50a <b>G ∞</b> <b>TRX</b> Michal Ruth	10:00-10:45a <b>G ∞</b> <b>TRX</b> Erin	10:05-10:50a <b>G ∞</b> <b>TRX</b> Erin	10:00-10:45a <b>G ∞</b> <b>TRX</b> Michal Ruth	<div style="text-align: center;"><b>EVENTS</b></div> <ul style="list-style-type: none"> <li>• Women on Weights 1.0 12/2 at 11am, 12/3 at 6am or 5:30pm</li> <li>• Healthy Ager Movie Night! 12/2</li> <li>• TRX 101 Workshop 12/14</li> <li>• Healthy Ager Wrap &amp; Decorate Holiday Fest! 12/16</li> </ul> <p>Remember to Register at the membership desk to join!</p>	
10:00-11a <b>FS</b> <b>Les Mill's BODYPUMP</b> Gena	11:00-11:45a <b>FS</b> <b>Les Mills BODYPUMP Express</b>	10:00-11:00a <b>FS</b> <b>Les Mill's BODYPUMP</b> Gena	11:00-11:45a <b>FS</b> <b>Les Mills BODYPUMP Express</b>	10:00-10:55a <b>FS</b> <b>Les Mills BODYPUMP</b> Christina		
11:00-11:55a <b>G</b> <b>Gentle Yoga</b> Lee	11:00-11:55a <b>G</b> <b>Yogalates</b> Lee	11:00-11:55a <b>G</b> <b>Gentle Yoga</b> Mandy	11:00-11:55a <b>G</b> <b>Yogalates</b> Lee	11:00-11:55a <b>G</b> <b>Gentle Yoga</b> Christina		
11:15-12:00p <b>FS ∞</b> <b>Barre</b> Debby	12:00- 12:55p <b>FS</b> <b>Tai Chi</b> Sharon	11:15-12:00p <b>FS ∞</b> <b>Barre</b> Debby	12:00- 12:55p <b>FS</b> <b>Tai Chi</b> Sharon			
12:15-1:10p <b>G</b> <b>Low Impact Fitness</b> Linda	1:00-2:00a <b>FS</b> <b>Slow Flow Yoga</b> Regina	12:15-1:10p <b>G</b> <b>Low Impact Fitness</b> Linda	1:00-2:00a <b>FS</b> <b>Slow Flow Yoga</b> Regina	12:15-1:10p <b>G</b> <b>Low Impact Fitness</b> Roxie		
	2:15-3:15p <b>FS/CR</b> <b>Chair Yoga</b> Regina	1:15-2:15p <b>FS/CR</b> <b>Tai Chi Club-Advanced</b> Sharon	2:15-3:15p <b>FS/CR</b> <b>Chair Yoga</b> Regina	12:15 - 1:00p <b>FS</b> <b>Pilates</b> Linda		
	4:00-4:45p <b>FS</b> <b>Total Body Training</b> Melissa	2:30-3:30p <b>CR</b> <b>Ageless Grace</b> Denise/Doreen	4:00-4:45p <b>FS</b> <b>Total Body Training</b> Melissa	1:15-2:15p <b>FS</b> <b>Tai Chi Club-Advanced</b> Sharon		
5:00-6:00p <b>FS</b> <b>Les Mills BODYPUMP</b> Emily C	5:00- 5:55p <b>FS !</b> <b>Les Mill BODYCOMBAT</b> Ashley	5:00-6:00p <b>FS</b> <b>Les Mills BODYPUMP</b> Emily C	5:00- 5:55p <b>FS !</b> <b>Les Mill BODYCOMBAT</b> Ashley			
	6:00- 6:55p <b>FS ∞</b> <b>Zumba</b> Therese		6:00- 6:55p <b>FS ∞</b> <b>Zumba-Bilingual</b> Carmen V			
	5:30- 6:15p <b>CS ∞</b> <b>Cycle - Bilingual</b> Rainy	5:30- 6:15p <b>CS ∞</b> <b>Cycle</b> Rainy	5:30- 6:15p <b>CS ∞</b> <b>Cycle - Bilingual</b> Rainy			
6:30p-7:30p <b>FS</b> <b>Yin Yoga</b> Bill			6:30p-7:30p <b>CR</b> <b>Yin Yoga</b> Bill	6:30p-7:30p <b>FS</b> <b>Power Yoga</b> Bill		

## HENDERSONVILLE GROUP EXERCISE SCHEDULE

DECEMBER 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 <b>Aqua Tabata</b> Melissa	9:10-10a <b>Hydro burn</b> Doreen	9:10-10a <b>Aqua Tabata</b> Melissa	9:10-10a <b>Hydro burn</b> Doreen	9:10-10a <b>Aqua Tabata</b> Wendy	
10:10-11a <b>Cardio Splash</b> Melissa	10:10-11a <b>Aqua Power Fusion</b> Melissa	10:10-11a <b>Cardio Splash</b> Melissa		10:10-11a <b>Cardio Splash</b> Melissa	
11:10-12p <b>Fluid Movement</b> Linda		11:10-12p <b>Fluid Movement</b> Linda		11:10-12p <b>Fluid Movement</b> Melissa	1:10- 2p <b>Hydro burn</b> Roxie
	6:10- 7p <b>Hydro burn</b> Roxie		6:10-7p <b>Hydro burn</b> Roxie		