

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.

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

FEBRUARY 2025

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 | 5:45-6:30a FS Les Mills BODYPUMP Express | 6:00 - 6:45a FS ! Les Mills BODYCOMBAT | 5:45-6:30a FS Les Mills BODYPUMP Express | | 8:30—9:15a CS ∞ Cycle Claire | |
| | 6:00 – 6:45a G ∞ Core Conditioning Roxie | | 6:00 – 6:45a G ∞ Core Conditioning Roxie | | | |
| 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 | 8:30 - 9:15a FS ! Les Mills BODYCOMBAT Ashley/Allyson | |
| 8:00 - 8:45a FS ! Les Mill's BODYCOMBAT | 9:00 - 9:55a O/G ! Athletic Conditioning | 8:00 - 8:45a FS ! Les Mill's BODYCOMBAT | 9:00—9:55a O/G ! Athletic Conditioning | 8:00 - 8:45a FS ! Les Mill's BODYCOMBAT | 9:00 - 9:55a O/G ! Athletic Conditioning | 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 | 9:30-10:20p FS ∞ Zumba Therese | 1:30p-2:30p FS Power Yoga Bill |
| 9:00—9:45a FS ∞ Cardio Dance Helen | | 9:00 - 9:45a FS ∞ Cardio Dance Helen | 9:00– 9:45a CS ∞ Cycle Carrie | 9:00—9:45a FS NIA Denise | 10:30–11:30a FS Vinyasa Yoga Lindsay | 3:00-4:00a FS Slow Flow Yoga Meredith |
| 9:00– 9:45a CS ∞ Cycle Carrie | 10:00-10:45a FS ∞ Barre Debby | | 10:00-10:45a FS ∞ Barre Ann | 9:00– 9:45a CS ∞ Cycle Christina | | |
| 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 | 11:00-11:55a G Yogalates | 11:00-11:55a G Gentle Yoga | 11:00-11:55a G Yogalates | 11:00-11:55a G Gentle Yoga | | |
| 11:15-12:00p FS ∞ Barre | 12:00– 12:55p FS Tai Chi | 11:15-12:00p FS ∞ Barre | 12:00– 12:55p FS Tai Chi | | | |
| 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 | | 6:00– 6:55p FS ∞ Zumba—Bilingual | | | |
| | 5:30– 6:15p CS ∞ Cycle - Bilingual Rainy | | | | | |
| 6:30p-7:30p FS Yin Yoga Bill | | | 6:30p-7:30p CR Yin Yoga Christina | 6:30p-7:30p FS Power Yoga Bill | | |

HENDERSONVILLE GROUP EXERCISE SCHEDULE

FEBRUARY 2025

SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

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

Classes in **BLUE** are aquatic classes

O Studio O (Turf Field)

FS Fitness Studio

Gym Gymnasium

CS Cycle Studio

CR Community Room

! High Intensity

∞ Family Friendly / Kid class

EVENTS

- Blood Drive 2/3 9a - 2p
- Feel the Love week 2/9 - 2/15
- Yoga Therapy Series: Fall prevention starts 2/19
- Kettlebell Workshop 2/20
- EGYM Public Launch!!! 2/21
- A Taste of Black Legends 2/21 12p - 2p
- Crafting Club 2/27 1p - 3p

Remember to Register at the membership desk to join!

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 | | |