

# ASHEVILLE GROUP EXERCISE SCHEDULE

# MARCH 2025

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00a-6:55a Body Pump-St Roxanne mod/hi	6:15a-7:00a Cycle-CS Julie W. hi	6:00a-6:55a Body Pump-St Roxanne mod/hi	6:15a-7:00a Cycle- CS Julie W. hi	6:00a-6:55a Body Pump-St Karen mod/hi	8:15a-9:15 St Body Balance -MP Tracy/Karen mod ∞	12:30PM-1:30PM Barre -St Kayla hi ∞
7:15am-8:15am Body Balance MP Tracy mod∞	8:30a-9:15a Athletic Conditioning -O Suzanne hi !	7:15am-8:15am Body Balance MP Tracy mod∞	8:30a-9:15a Athletic Conditioning-O Julie W. hi !	8:30a-9:15a Athletic Conditioning-O/S Suzanne-hi !	9:00a-9:45a Cycle-CS Aileen hi	1:00p-2:00p Vinyasa Yoga -MP Jen/Hannah mod/hi
8:30a-9:15a Athletic Conditioning O/S Suzanne hi !	8:30a-9:30a Flex & Stretch - GYM • Shona M low	8:30a-9:15a Athletic Conditioning-O Suzanne hi !	8:30a-9:30a Flex & Stretch -GYM • Shona M low	8:30a-9:30a Low Impact Fitness GYM Karen Karen low/mod	9:30a-10:25a Body Pump-St Karen/ Roxanne hi	2:30p-3:30p Pilates-St Shonna C. low/mod
8:30a-9:30a Low Impact Fitness- GYM • Cynthia low/	9:00a-10:15am Vinyasa Yoga- MP Dede low/mod ∞	8:30a-9:20a Low Impact Fitness GYM	9:00a-10:15a Vinyasa Yoga- MP Becca low/mod	9:00a-9:45a Cycle- CS Becky hi	10:45a-11:45a Hip Hop Fitness-St Eleanor mod/hi ∞	3:45p-4:45p Gentle Yoga -St • Shonna C. low
9:00-9:45a Cycle- CS Becky hi	9:45a-10:45a Pilates-St Raven low/mod	9:00a-9:45a Cycle- CS Becky hi	9:45a-10:45a Pilates-St Suzanne low/mod	9:45a-10:45a Vinyasa Yoga-St Jen mod/hi !	12:00p-1:00p Yogalates-St	
9:45a-10:45a Booty Barre -St Eva hi	11:00a-11:45a TRX- MP Julie mod/hi	9:45a-10:45a Booty Barre -St Eva hi	11:00a-11:45a TRX- MP Julie W. mod/Hi	10:30a-11:30a Zumba-GYM ∞		
10:30a-11:30a Zumba-GYM ∞ Deborah mod/hi ∞	11:00a-11:45a Body Pump Express-St Karen mod/hi	10:30a-11:30a Zumba-GYM ∞ Rico mod/hi ∞	11:00a-11:45a Body Pump Express-St Karen mod/hi	11:00a-12:00pm Body Pump Kristina- St		
10:45a-11:45a Chair Yoga- MP Becca low	12:00p-1:00p Body Balance St Shona M mod∞	10:30a-11:30a Chair Yoga- MP Dede low	12:00p-1:00p Body Balance St Shona M mod ∞	12:00p-12:45p TRX- MP Shona M mod/hi		
11:00a-11:50a Total Body Training-St Suzanne mod	5:00p-5:45p TRX- MP Becca mod/hi	11:00a-11:50a Total Body Training- St Suzanne mod	5:00p-5:45p TRX- MP Gillian mod/hi	12:00pm-12:30p Cycle Express- CS Kate hi		
12:00pm-12:30p Cycle Express- CS Emmalyn M High	4:30p-5:30pm Vinyasa Yoga-St Staff mod/hi !	12:00pm-12:30p Cycle Express- CS Suzanne hi	4:30p-5:30p Vinyasa Yoga-St Vinita low/mod	12:30p-1:30p Pilates- St Suzanne mod		
12:00p-12:45p TRX-MP Suzanne mod/hi	5:45p-6:30p Body Combat- St Tracy hi	12:00p-12:45p TRX-MP Gillian mod/hi	5:45p-6:30p Body Combat- St Tracy hi			
4:00p-5:15p Vinyasa Yoga-MP Viny low/mod	5:45p-6:30p Cycle- CS Daniel hi	4:00p-5:15p Gentle Yoga-MP Dede low ∞	6:00p-7:00p Slow Flow Yoga -MP • Gillian low			
4:15p-5:15p Body Pump St Laura R mod	6:00p-7:00p Slow Flow Yoga-MP • Brittany low ∞	4:15p-5:15p Body Pump St Laura R mod/hi				
5:30pm-6:30pm Zumba-GYM ∞ Delia Rose mod/hi ∞		5:30p-6:30p Hip Hop Fitness -St Eleanor mod/hi ∞				
5:30p-6:15p Athletic Conditionig O James hi !		5:30p-6:15p Athletic Conditioning O James hi !				
5:45p-6:30p Cycle- CS Katie hi		5:45p-6:30p Cycle- CS Gillian hi				
		6:45p-7:45p Restorative Yoga -MP • Gillian low				

### 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)      **MP** Multi Purpose Room  
**Gym** Gymnasium                      **CS** Cycle Studio  
**ST** Studio                                  **P** Pool

! High Intensity      ∞ Family Friendly / Kid class

Family Zumba (Spanish/  
 English) 11:15am-12:15pm  
 March 16th open to the  
 community

**VIRTUAL GROUP EX**  
 Workout ANYWHERE  
[ymcawnc.org/virtual-y](http://ymcawnc.org/virtual-y)

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

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO / 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.

**BODYCOMBAT** 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.

**Cycle Express** A shorter version of our original Group Cycle Class designed to get your heart rate growing with sprint intervals and challenging climbs in a high intensity interval format.

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

**Athletic Conditioning** Intense cardio, strength, plyometric drills, and core work designed to improve performance in athletics and everyday activities

**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. Build flexibility and burn calories as you build lean muscle.

**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? This class combines challenging strength and cardio exercises in just one workout to strengthen your entire body.

**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.

## DANCE

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

**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. Definitely a valuable add-on to your Wellness Center workouts.

**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.

## MIND / BODY

**Vinyasa Yoga** Classical Hatha Yoga practice including breathing (pranayama), relaxation, sun salutations & postures (asanas).

**Gentle Yoga** A gentle yoga class for anyone looking for a relaxing practice. This class will work through the fundamentals of yoga including postures, stretching, breathing, and relaxation.

**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.

**Chair Yoga** An adapted form of yoga that makes yoga accessible to everyone. Chair Yoga allows the client to modify their yoga practice based on mobility, health, and current ability level. Chair Yoga offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support.

**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.

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

**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, and proper breathing techniques for a full body workout. **Note:** Please talk to your instructor before class if you have osteopenia/osteoporosis.

**Tai Chi** 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.

**BODYBALANCE™** Ideal for any and everyone, LES MILLS BODYBALANCE is a new generation yoga class that will improve your mind, your body, and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi, and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and the instructors will always provide options for those just getting started.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE

## MARCH 2025

## ASHEVILLE YMCA

Asheville YMCA

30 Woodfin Street | 828-210-9622

[ymcawnc.org](http://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\*\***

## CENTER HOURS

Mon-Thur	5:30 a.m. - 9:00 p.m.
Fri	5:30 a.m. - 8:00 p.m.
Sat	7:00 a.m. - 7:00 p.m.
Sun	11:00 a.m. - 5:00 p.m.

## CHILDCARE HOURS

Mon-Thur	8:00 a.m. - 1:30 p.m. 4:00 p.m. - 8:00 p.m.
Friday	8:00 a.m. - 1:30 p.m.
Sat	8:00 a.m. - 1:30 p.m.
Sun	1:00 p.m. - 5:00 p.m.