

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

MAY 2025

HENDERSONVILLE FAMILY YMCA

Hendersonville Family YMCA

810 W 6th Ave | 828.697.9622

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

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

EVENTS

- Yoga Basics Workshop 5/3
12p - 1p
- Back to balance: Yoga for
Spine Health starts 5/5
- Women on Weights PM
Sessions begin 5/12
- Kettlebell Workshop 5/22
- Crafting Club 5/22
1p - 3p
- Book Club 5/28
4p - 5p

Remember to Register at the
membership desk to join!

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

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 Wendy	
11:10-12p Fluid Movement Melissa		11:10-12p Fluid Movement Melissa		11:10-12p Fluid Movement Wendy	1:10- 2p Hydro burn Roxie
	6:10- 7p Hydro burn Roxie		6:10-7p Hydro burn Roxie		