

## GROUP EXERCISE CLASS DESCRIPTIONS

### CARDIO

**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.

**Group 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.

### CARDIO / STRENGTH

**Athletic Conditioning** Intense cardio, strength, plyometric drills, & core work designed to improve performance in athletics & everyday activities. A.C.E is "express" (30 minutes).

**Low Impact Fitness** this class is geared toward active older adults & can be performed seated or standing. Cardio, strength, & flexibility are included in this format.

**Barre** Taking the hottest trend in 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! Barre Fusion – Includes aspects of Yoga

### DANCE

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

**Soul Power Dance®** Soulpower Dance is an exhilarating dance class offering a joyful variety of music and dance styles. With attainable choreography and heart expanding moves, this class is an invitation to have fun while digging deeper into body, wholeness, and spirit.

**Hip Hop Fitness** A dance-based cardio & toning program that blends various hip hop & dancehall moves to strengthen the core & lower body. Dip, shake & pump your body to

the hottest hits while getting fit & having fun!

### AQUATICS

**Aqua Tabata** Uses water resistance with several basic aqua moves done for a short period of time at a high intensity & a short rest in between.

**Hydro Burn** high intensity water workout that will test your limits, get your heart pumping & your muscles moving without the impact on your joints.

**Cardio Splash** A moderate intensity class that will jumpstart your cardiovascular workout. Includes core strengthening & stretching for maximum flexibility & range of motion.

### 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 & relaxation.

**Power Yoga** An active yoga style that moves more quickly through yoga poses building heat, strength, & flexibility. Poses are linked together with vinyasa. Some knowledge of yoga is helpful but not necessary. Expect to sweat.

**Pilates** This conditioning program incorporates core training, stretching & proper breathing techniques for a full body workout. **Note:** Please talk to your instructor before class if you have osteopenia/osteoporosis.

**How to register for classes:** Using the mobile app, use the "reserve your spot" tile to find the desired class, then click the "book now" button. Or, on [ymcawnc.org](http://ymcawnc.org) click "Schedules" at the top of the page. Click "Reuter" & scroll through the schedule to view the desired class. Click the "Sign Up" button.

*\*\*Water Classes are designated family friendly but children under the age of 13 must pass a swim test in order to participate.*



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

ASHEVILLE YMCA

MAY 2021

Asheville YMCA

30 Woodfin St

Asheville, NC 28801

828 210 9622 • [ymcawnc.org](http://ymcawnc.org)

## UPCOMING EVENTS & INFO

**CLASSES** – Please bring your own mat and water bottle.

Classes with '∞' are family friendly. Ages 7 and up may attend; under age 13 must have an adult/guardian present

**WEATHER** - In the event of inclement weather, we will move outdoor classes inside. We may also cancel classes in the event of any inclement weather coming so we can notify instructors and participants in a timely manner. Please download our app for the most current updates.

**APP** - To download the Y app, search your app store for YMCA of WNC.

## Hours of Operation

Mon-Thurs 5:30am - 8:00pm

Fri 5:30am - 7:00pm

Sat 8:00am - 5:00pm

Sun 1:00pm - 5:00pm

Reservations required for all Group Fitness Classes, including Water Fitness Classes.

You can reserve your spot through our app or website. Every member will need a reservation and classes are open to active members only.

For more information, contact:  
[evega@ymcawnc.org](mailto:evega@ymcawnc.org)



# Asheville GROUP EXERCISE SCHEDULE

SPRING 2021 May

- New to Group Exercise Class
  - ! High Intensity, Experienced Exercisers
  - ∞ Kids Class / Family Friendly
- Reservations required for all classes for all participants. ACTIVE MEMBERS ONLY.**

- O Outside (Second level Parking Lot)
- St Studio
- Gym Gymnasium
- P Pool

MON	TUES	WED	THURS	FRI	SAT
8:30a-9:15a <b>Athletic Conditioning-O</b> Seth-hi	8:30a-9:15a <b>Athletic Conditioning-O</b> Madison-hi	8:30a-9:15a <b>Athletic Conditioning-O</b> Seth-hi	8:30a-9:15a <b>Athletic Conditioning-O</b> Seth-hi	8:30a-9:15a <b>Athletic Conditioning-O</b> Steve-hi	8:30a-9:15a <b>HIIT-O</b> Julie W.-hi
9:30a-10:30a <b>Cardio Splash P</b> Melissa mod/hi	9:30a-10:30a <b>Cardio Splash P</b> Cece mod/hi	9:30a-10:30a <b>Cardio Splash P</b> Melissa mod/hi	9:30a-10:30a <b>Cardio Splash P</b> Cece mod/hi	9:30a-10:30a <b>Cardio Splash P</b> Melissa mod/hi	9:30a-10:15a <b>TRX-St</b> Julie W.-mod/hi
9:45a-10:45a • <b>Pilates-St</b> Liesa-low/mod	10:00a-10:45a <b>Booty Barre St</b> Eva mod	9:45a-10:45a • <b>Pilates-St</b> Eva-low/mod	10:00a-10:45a <b>Booty Barre St</b> Eva mod	9:45a-10:45a • <b>Vinyasa Yoga-St</b> Stephanie-low/mod	10:30a-1130a <b>Hip Hop Fitness-O</b> Julie C.-mod/hi
11:00a-11:50a <b>Total Body Training-O</b> Eva mod	11:00a-11:45a <b>TRX- St</b> Julie W. mod/hi	11:00a-11:50a <b>Total Body Training-O</b> Eva mod	11:00a-11:45a <b>TRX- St</b> Julie W. mod/hi	11:00a-11:50a <b>Total Body Training-O</b> Eva mod	12:15p-1:00a <b>Group Cycle- St</b> Aileen-mod/hi
12:00p-12:45p <b>Core Conditioning -O</b> Eva mod	12:00p-12:45p <b>HIIT -O</b> Eva hi	11:00a-11:45a • <b>Zumba Gold-GYM</b> Marta-mod	12:00p-12:45p <b>HIIT -O</b> Eva hi	11:00a-11:50a <b>Low Impact Fitness GYM</b> Tori mod	
5:30p-6:15p <b>HIIT -O</b> Paul hi	1:00p-2:00p <b>Hydro Burn P</b> Dee mod/hi	5:30p-6:15p <b>HIIT -O</b> Paul hi	1:00p-2:00p <b>Hydro Burn P</b> Dee mod/hi	12:00p-12:45p <b>Core Conditioning -O</b> Eva mod	
	4:30p-5:30p • <b>Vinyasa Yoga-St</b> Stephanie-low/mod	6:30p-7:30p <b>Gentle Yoga -St</b> Lindsay low	4:30p-5:30p • <b>Vinyasa Yoga-St</b> Vinita-low/mod <i>*starts May 13th</i>		
	5:45p-6:30a <b>Group Cycle- St</b> Emmalyn-mod/hi				
	6:00p-7:00p <b>Hip Hop Fitness -O</b> Eleanor mod/hi				

YMCA of WNC Virtual Classes				
MON	TUES	WED	THURS	FRI
Total Body 9-9:45a	Gentle Yoga 9-10a Zoom	Total Body 9-9:45a	Vinyasa Yoga 9-10a Zoom	Athletic Con- ditioning 9-9:45a
Gentle Yoga 10-11a			Kickboxing 10-10:45a	Zumba 10-11a
Flex & Stretch 11-11:45a	Pilates 11-11:45a	Low Impact Fitness 11-11:45a	Pilates 11-11:45a	Flex & Stretch 11-11:45a
	Barre 12-12:45p			
	Zumba 6-6:45p		Zumba 6-6:45p	
<p><b>Find these live virtual classes, and an online video li- brary of classes you can do at your convenience, at:</b>  <a href="http://ymcawnc.org/vitual-y">ymcawnc.org/vitual-y</a></p>				