

GROUP EXERCISE CLASS DESCRIPTIONS

DANCE

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

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.

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

Hydroburn 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. Definitely a valuable add on to your Wellness Center workouts.

STRENGTH

Total Body Training Want to burn fat, build muscle and have fun? 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

COMBINATION

Rise & Shine A combo class of cardio and free weights incorporating core work, balance, and flexibility training suitable for beginner and intermediate exercises with options for higher or lower intensity

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.

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.

CARDIO

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.

MIND / BODY

Chair Yoga Stretch, breathe and build strength without having to get up and down from the floor. This class is ideal for anyone with mobility concerns or may be recovering from an injury.

Gentle Yoga A gentle yoga class for anyone looking for a relaxing practice.

Beginners Tai Chi Tai Chi will encourage balance, strength and coordination.

Tai Chi An excellent exercise modality for improving balance, strength and flexibility.

Tai Chi Club ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. RSVP Sharon Murnane at smurnane492@gmail.com

Pilates Designed to condition and strengthen abdominal and lower back muscles, as well as increase individual flexibility.

Vinyasa Yoga In this class, students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. A number of postures will be practiced, with a focus on moving gracefully from one pose to the next. Intensity level is set by the instructor, and all poses are modified for all levels.

Yin Yoga 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

HENDERSONVILLE FAMILY YMCA
May 2021

WELCOME BACK

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mobile app?

Register for classes & stay in the
know for the latest updates

Search YMCA of WNC or



FOR MORE INFORMATION CONTACT
NSLEIK@YMCAWNC.ORG

FACILITY HOURS

Mon - Th. 5:30 am - 8:00 pm
Fri. 5:30 am - 5:00 pm
Sat. 7:00 am - 2:00 pm

INDOOR POOL HOURS

Mon - Th. 6:00 am - 7:50 pm
Fri. 6:00 am - 4:50 pm
Sat. 7:00 am - 1:50 pm

HENDERSONVILLE FAMILY YMCA

810 6th Ave W
Hendersonville, NC 28739
828 697 9622 • ymcawnc.org



HENDERSONVILLE GROUP EXERCISE SCHEDULE

May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35-6:20a FS/O Cycle Audra	6:00- 6:45a O/G Core Conditioning Roxie	5:35-6:20a FS/O Athletic Conditioning LK	6:00-6:45a O/G Core Conditioning Roxie			
7:00-7:45a G TRX Lisa		7:00- 7:45a G TRX Lisa				
8:00-8:45a O/FS Pilates Linda	8:00-8:45a O/FS Rise and Shine Lee	8:00- 8:45a O/FS Pilates Linda	8:00-8:45a O/FS Rise and Shine Lee	8:00- 8:45a O/FS Pilates Linda		
8:15-8:45a O/G Total Body Training Natalie		8:15-8:45a O/G Total Body Training Natalie		8:15-8:45a O/G Total Body Training Natalie		
9:00-9:55a O/G Athletic Conditioning Natalie	9:00-9:55a O/G Athletic Conditioning Leo	9:00-9:55a O/G Athletic Conditioning Natalie	9:00-9:55am O/G Athletic Conditioning Leo	9:00-9:55am O/G Athletic Conditioning Natalie	9:00 - 9:50am O/FS Athletic Conditioning Leo	
9:00-9:40am P Aqua Tabata Wendy		9:00-9:40a P Aqua Tabata Linda		9:00-9:40a P Aqua Tabata Wendy		
9:30-10:25a O/FS Group Power Carrie Anne		9:30-10:25a O/FS Group Power STAFF		9:30-10:25a O/FS Group Power Tamara		9:30-10:30a KC Gentle Yoga Lindsay
10:00-10:40a P Cardio Splash Linda	10:00-10:40a P Hydroburn Doreen	10:00-10:40a P Cardio Splash Linda	10:00-10:40a P Hydroburn Doreen	10:00-10:40a P Cardio Splash Wendy	10:00-10:50a O/FS Vinyasa Yoga Lindsay	
10:45-11:40a G/O Gentle Yoga Sheri	10:45-11:40a FS/O Pilates Lisa	10:45-11:40a G/O Vinyasa Yoga Natalie	10:45-11:40 FS/O Pilates Tamara	10:45-11:40a G/O Gentle Yoga Laura		
11:00-11:40a P Fluid Movement Linda		11:00-11:40am P Fluid Movement Linda		11:00-11:40a P Fluid Movement Wendy	11:00-11:50a O/FS Zumba Therese	
12:00-12:55p FS Low Impact Fitness Lisa	12- 12:55p FS/O Tai Chi Sharon	12:00- 12:55p FS Low Impact Fitness Lisa	12- 12:55p FS/O Tai Chi Sharon	12:00- 12:55p FS Chair Yoga Dianne		
		1:15-2:15p FS/O Tai Chi Club Sharon		1:15-2:15p FS/O Tai Chi Club Sharon		
4:30-5:30p G/O Fit Kids Maya	5:15- 5:45p FS Kickboxing Ashley	4:30-5:30p G/O Kids' Yoga Melanie				
5:30- 6:15p FS/O Cycle Mary	6:00- 6:45p FS/O Zumba Therese	5:30- 6:15p FS/O Cycle Mary	6:00- 6:45p FS/O Hip Hop Kaitlyn			
6:30p-7:30p Gentle Yoga Laura	6:10- 6:50p P Hydroburn Roxie	6:30p-7:30p Yin Yoga Bitsy	6:10-6:50p P Hydroburn Roxie			

Check out our over 20 additional virtual classes available every day of the week, please go to <https://ymcawnc.org/virtual-ymca> for a full schedule. For more outdoor classes, all 8 of our centers are offering a variety of options for schedules: <https://ymcawnc.org/schedules>

Reservation required for every class. Register on our mobile app or online.

O Outdoors **P** Pool **V** Virtual
G Gym **KC** UNCA Kellogg Center
FS Fitness Studio
 The Kellogg Center is located at 1181 Broyles Road, Hendersonville NC
 Location of class may changed based on weather. Register for all classes in advance to receive location updates

Classes in **YELLOW** are new.
 Classes in **GREEN** are at the UNCA KELLOGG CENTER .
 Classes in **BLUE** indicates a time change.