

Group Class Schedule

May 2024

Hourly Child Care is available Monday - Thursday 8am - 6pm and Fridays 8am - 12pm

Reservations for childcare are required 2-3 days in advance by calling (828) 254-7206 x 113

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ywca

Asheville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FREE COMMUNITY CLASS Mindful Flow Yoga (1*) 7:30-8:45 am <i>Fitness Studio</i> Katie</p> <p>Vitality through Strength (2*) 9-10 am <i>Fitness Studio</i> Fyffe</p> <p>Yoga to Start Your Day (1/2*) 10:15- 11:15 am <i>Fitness Studio</i> Lilly</p> <p>WORKSHOP Nia (1*) 11:30 am-12:30 pm <i>Fitness Studio</i> Carolyn</p> <p>Myofascial Release (1*) 12:45-1:30 pm <i>Fitness Studio</i> Sam</p> <p>Zumba® (2*) 5:30-6:30 pm <i>Fitness Studio</i> Delia</p>	<p>NEW FREE COMMUNITY CLASS Strength Boost (2/3*) 7:30-8:30 am <i>Fitness Studio</i> Pierre-Andre</p> <p>WORKSHOP Chair Yoga (1*) 8:45-9:45 am <i>Fitness Studio</i> Nancy</p> <p>Gym Orientation 10-11 am <i>Gym</i> John</p> <p>Zumba Gold® (for All) (1/2*) 10-10:45 am <i>Fitness Studio</i> Delia</p> <p>Stability & Balance (1*) 11-11:45 am <i>Fitness Studio</i> Ellen</p> <p>Pilates (2*) 12-1 pm <i>Fitness Studio</i> Ariel</p> <p>WORKSHOP Personal Training 101 (1*) 5:30-6:30 pm <i>MPR</i> YWCA Trainers</p>	<p>Small Group Strength Training (2/3*) 8-8:45 am <i>Fitness Studio</i> Delia</p> <p>Stretching for Everyday (1/2*) 9-10 am <i>Fitness Studio</i> Fyffe</p> <p>FREE COMMUNITY CLASS 5x5 Strength (2/3*) 10:15-11 am <i>Fitness Studio</i> Anatasia</p> <p>WORKSHOP Tai Chi (1*) 12:30-1:30 pm <i>Fitness Studio</i> Patty</p> <p>WORKSHOP Tai Chi (1*) 2-3 pm <i>MPR</i> Patty</p> <p>FREE COMMUNITY CLASS Candlelight Restorative Yoga (1*) 5:30-6:45 pm <i>Fitness Studio</i> Katie</p>	<p>NEW FREE COMMUNITY CLASS H.I.I.T. Cardio (3*) 8-8:45 am <i>Fitness Studio</i> Pierre-Andre</p> <p>Vitality through Strength (2*) 9-10 am <i>Fitness Studio</i> Fyffe</p> <p>Balance and Core (1/2*) 10:15-10:45 am <i>Fitness Studio</i> Fyffe</p> <p>Seated Movements for Mobility (1*) 11-11:45 am <i>Fitness Studio</i> Ellen</p> <p>Pilates (2*) 12-1 pm <i>Fitness Studio</i> Ariel</p> <p>FREE COMMUNITY CLASS Slow Flow Yoga (1*) 1:30-2:45 pm <i>Fitness Studio</i> Katie</p> <p>WORKSHOP - Only 5/9 Intro to Health Coaching (1*) 5:30-7 pm <i>MPR</i> Matthew/Lee</p>	<p>WORKSHOP Athletic Conditioning (3*) 8-9 am <i>Fitness Studio</i> Delia</p> <p>WORKSHOP - Only 5/10 Intro to Health Coaching (1*) 9-10:30 am <i>MPR</i> Matthew/Lee</p> <p>FREE COMMUNITY CLASS Zumba Gold® (for All) (1/2*) 10-10:45 am <i>Fitness Studio</i> Arlene</p> <p>Myofascial Release (1*) 11-11:45 am <i>Fitness Studio</i> Sam</p> <p>Posture and Flexibility (1/2*) 12-12:45 pm <i>Fitness Studio</i> Sam</p>	<p>NEW FREE COMMUNITY CLASS Rhythm and Resistance (2*) 9-10 am <i>Fitness Studio</i> Lee</p> <p>Senior Stretch & Strength (1*) 10-10:45 am <i>MPR</i> Ellen</p> <p>Gym Orientation 11 am-12 pm <i>Gym</i> John</p> <p>FREE COMMUNITY WORKSHOP Community Qi Gong (1*) 11:30 am-1 pm <i>Fitness Studio</i> David</p> <p>Gym Orientation 12-1pm <i>Gym</i> John</p>

*Physical Exertion Levels by Number

(Number next to class indicates the level of exertion to expect. Modifications can be made in all classes to accommodate for ALL skill levels.)

1. Low intensity: classes can include gentle movements to help improve mobility and stability
2. Moderate intensity: classes can include long stretch holds, low impact cardio training, and light weight lifting to promote fitness
3. High intensity: classes can include strenuous work, heavy weightlifting and/or an intense cardio workout to improve performance

Class Descriptions:

5x5 Strength Training (2/3 Physical Exertion*)

Build strength efficiently by following a weight lifting format or 5 sets of 5 reps with a focus on the 5 primary movements: bend-and-lift, push, pull, twist, and single-leg balance.

Athletic Conditioning (3*)

Combining strength training, HIIT, plyometrics, kickboxing, and step, this level 3 class offers a diverse training experience. Although suitable for all levels, get ready to challenge yourself and reach your limits.

Balance and Core (1/2*)

Focus on strengthening the core and increasing balance utilizing various exercises on a mat, standing and/or using a stability ball.

Candlelight Restorative Yoga (1*)

Find a flow that is gentle on the body, provides support for your breath, and that helps relax the muscles and nervous system

Chair Yoga (1/2*)

Enjoy practicing yoga with a chair for your main prop. A chair makes an excellent tool for support, so that you can experience the full depth of a yoga practice, making your practice richer and more accessible.

Community Qi-Gong (1*)

Qi Gong (Chi-Gong) is an ancient Chinese holistic set of exercises that includes various postures and slow physical movements. These actions are accompanied by concentration, breathing techniques, and meditation.

Gym Orientation

A complimentary orientation that covers our facility rules, basics of exercise science, and how to safely operate our gym equipment. *Mandatory for youth using the gym

H.I.I.T. Cardio (3*)

High Intensity Interval Training. Experience an electrifying workout that elevates your heart rate and strengthens your body through dynamic interval training

Intro to Health Coaching (1*)

This introductory workshop provides education around Health Coaching and the coaching process, and will get you started on setting your values and goals to work towards!

Mindful Flow Yoga (1*)

Whether you are needing to recalibrate or if you want to build energy, Mindful Flow will offer a peaceful challenge to all. General knowledge of yoga postures is helpful but this class is open to all experience levels.

Myofascial Release (1*)

Release tension in the body through self-myofascial release, a self massage technique that can help improve mobility and leave you feeling relaxed and energized.

Nia (1*)

Nia combines the precision and power of martial arts, the expressiveness and enjoyment of dance, and the nurturing and spiritual aspects of healing using easy choreography and amazing music, while fostering creativity and a sense of joy and playfulness.

Personal Training 101 (1*)

Come meet our trainers, learn more about Personal Training at the YWCA, and get your questions answered.

Pilates (2*)

This class will help you strengthen your core and pelvic floor muscles. Great for all levels of fitness to help improve stability, flexibility, and overall strength.

Posture and Flexibility (1/2*)

Improve posture, core strength, and flexibility through strength exercises and integrated stretch techniques.

Rhythm and Resistance (2*)

Pairing strength training of the large muscle groups with cardio & conditioning drills to activate and stabilize the joints for a full body workout with a groovy playlist!

Small Group Strength Training (2/3*)

Focus on total body strength, cardio, balance and flexibility while using minimal equipment.

Seated Movements for Mobility (1*)

Gentle seated and supported standing exercise routines that focus on improving strength and flexibility.

Senior Stretch & Strength (1*)

Get your blood flowing, improve your overall strength and enhance your flexibility.

Slow Flow Yoga (2*)

Give yourself a needed break with guided gentle yoga poses to stretch your body and relax your mind.

Stability and Balance (1*)

A beginner's class for those who want to regain or retain balance. Standing and chair exercises will build strength and balance for increased capabilities in activities of daily living.

Strength Boost (2/3*)

Tone, and strengthen your body using a blend of traditional and innovative strength training techniques

Stretching for Everyday (1/2*)

Exercises and stretches designed to improve physical performance, enhance range of motion, and reduce muscle fatigue.

Vitality through Strength (2*)

Targets muscles from head-to-toe, alternating between upper and lower body strength training exercises for the ultimate challenge.

Yoga to Start Your Day (1/2*)

A full body movement series to get you poised for an energized day. This practice will help you tune in mindfully and wake up your body.

Zumba® (2*)

Take the *work* out of *workout* by mixing low-intensity and high-intensity moves for an interval style dance fitness party!

Zumba Gold® (For All) (1/2*)

Made for those who are looking for a Zumba® class at a lower-intensity. Class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.