

# FREE!

eliminating racism  
empowering women  
**ywca**  
Asheville

# Community Classes

## Mindful Flow Yoga

*Mondays: 5:30-6:30 pm*

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.

## Strength Boost

*Tuesdays: 7:30-8:30am*

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

## 5x5 Strength

*Wednesdays: 10-10:45 am*

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

## Candlelight Restorative Yoga

*Wednesdays: 5:30-6:45pm*

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

## HIIT Cardio

*Thursdays: 8-8:45am*

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

## Slow Flow Yoga

*Thursdays: 1:30-2:45pm*

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

## Zumba Gold® (For All)

*Thursdays: 1:30-2:45pm*

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.

## Rhythm and Resistance

*Saturdays: 9-10am*

Use resistance bands, dumbbells and kettlebells to music for a fun and unique workout

**Pre-registration encouraged, call us at 828-254-7206**

**to sign up for a FREE class or start your FREE 7-Day Trial membership at**

**[ywcaofasheville.org](http://ywcaofasheville.org)**

**185 S French Broad Ave, Asheville, NC 28801**

**All classes are subject to change, call or stop by for a new schedule**