

FITNESS CLASS DESCRIPTIONS:

AIS-Active Isolated Stretching: Stretching to increase flexibility for full capability. (In depth one hour stretch.)

Absolutely Abs 30 minutes of core strengthening exercises. Abdominals and lower back are the focus.

Beginner Yoga A starter class for the novice yoga student.

Cardio Pump/Step n' Pump Expect to Sweat! The class begins with a warm-up followed by continuous cardio/step and strength combinations. Abdominal /back strengthening and stretching at the end.

Cardio Fitness Interval Class Instructor will show all levels of cardio- you choose personal level. Cardio, strength, flexibility and core body exercises will be done in alternating time intervals of 5-7 minutes.

Cardio / Strength Low-impact cardio, free-weight work, core strengthening, balance moves, and stretching.

Cycle Class Beginners to advanced riders are led on a ride through imagery, motivation, and a great cardio workout.

Early Bird An early-morning class that does it all, including cardio, strength and stretch, set to inspiring music.

Early Step From week to week, this class will change from a step interval workout to a step and tone workout.

El Circulo A conscious movement based on the circle - with techniques borrowed from Pakua, yoga, tai chi, Qigong, dance and meditation - set to music.

Flow Yoga Repeated sun salutations warming the entire body leading into sequences of postures that flow from one to the next, both standing and on the floor, creating heat throughout the body.

Heavy Weights A weight based workout designed to focus on muscle strength.

H2O-Adaptive Water Fitness Designed for arthritis patients. Concentrating on working joint flexibility. No cardio involved.

Kickboxing/Cardio Boxing Combines martial arts moves with cardiovascular combinations with abs and stretching at the end.

Kids Martial Arts Pa Kua techniques are a perfect way to empower children to focus better, increase self-esteem and learn a new skill.

Kids Yoga! Yoga is a discipline that can lead kids on the path toward a calm and balanced mind, as well as help them build a strong and flexible body. Class sizes are limited. ages 3-7 (Limited ratio), Sign ups must be done at 8:00a.m. the morning of the class.

Low Impact Aerobics combining low-impact moves , basic choreography, strength training and stretching.

Meditation Included in some of the Yoga classes. Explore a variety of meditation techniques, including mindfulness, mantra-guided visualization, chakra, grounding, toning, movement, and more. Experience stress release, inner guidance, peace and oneness.

Muscle Pump Resistance training led by an instructor. Be ready to fatigue all your major muscles.

Nia An eclectic blend of three movement arts: Martial arts, Dance & Healing Arts. Nia touches the heart.

Plates An innovative system of mind-body exercise evolved from the principles of Joseph Pilates

Powerhouse Anaerobic-cardio, strength-training class working opposing muscle groups with power combos.

Prenatal/Postnatal Class An easy-to-follow fitness program safe for moms-to-be and new moms. Combines cardio, strength training and relaxation, along with discussion on topics helpful during these months.

Qigong uses breath, posture, movement, and /or sound to cleanse, refine, accumulate and circulate Qi in the body.

Second Chance A cardiac health maintenance class for anyone wanting a fun, supportive environment in which to exercise. Instructors monitor blood pressure, weight and heart rate while participants do aerobics, ride bikes, etc.

Step Combo 45 minutes of step-cardio followed by abs and stretching.

Step and Tone 25 - 30 minutes of step, bar or free-weight training, and core exercises.

Tai Chi Easy "Feel Good" wellness through gentle movement, breathe practice, self-applied massage, and relaxation practice.

Turbo Kick High energy kickboxing class, combining aerobic and anaerobic exercise with kickboxing moves in an easy to follow format.

Yin & Yang Yoga This practice engages the muscular and deep connective tissues of the lower body. A focus on shifting stagnant energy.

Young @ Heart Group fitness at a light intensity for the young at heart.

Zumba A fusion of Latin-American dance moves and low-impact movements set to Latin inspired music. A workout party!



Asheville YMCA
 30 Woodfin Street
 Asheville, NC 28801
 (828)210-YMCA
Facility Hours
 Monday-Friday 5:30am-10:00pm
 Saturday 8:00am-8:00pm
 Sunday 1:00pm-7:00pm

March 2009
HEALTH & FITNESS
ASHEVILLE YMCA
Gym Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 1pm-6pm	Second Chance 6:30am-8:15am	Open Gym 6am-8:15am	Second Chance 6:30am-8:15am	Open Gym 6am-8:15am	Second Chance 6:30am-8:15am	March 14 10am-12am Zumba Party
Zumba* 3pm-4pm In Studio 📍	Low Impact Aerobics 8:30-9:30am	Low Impact Aerobics 8:30am-9:30am	Low Impact Aerobics 8:30am-9:30am	Low Impact Aerobics 8:30am-9:30am	Low Impact Aerobics 8:30am-9:30am	Zumba* 10am-11am In Studio 📍
Open Gym 9:30am-10:30am	Open Gym 10:30am-11:30am 📍	Legends 10am-12 pm	Zumba* 9:30am-10:30am 📍	Legends 10am-12 pm	Step Combo 9:30am-10:45am	Legends 10am-12 am except Mar. 14
Zumba* 10:30am-11:30am 📍	Adult Basketball 12pm-2pm	Adult Basketball 12pm-2pm	Open Gym 10:30am-12pm	Adult Basketball 12pm-2pm	Adult Basketball 12pm-2pm	Zumba 10:30am-11:30am 📍
Adult Basketball 12pm-2pm	Open Gym 2pm-6pm	Open Gym 2pm-5:00pm	Adult Basketball 12pm-2pm	Open Gym 2pm-5:00pm	Adult Basketball 11:30am-2pm	Adult Basketball 12pm-2pm
Open Gym 2pm-6pm	Open Gym 5:30-6:30pm 📍	Zumba* 5:30-6:30pm 📍	Open Gym 2pm-6pm	Zumba* 5:30-6:30pm 📍	Open Gym 2pm-6pm	Open Gym 2pm-8pm
Adult Basketball 6pm-8pm	Adult Basketball 6:45pm-8pm	Adult Basketball 6:45pm-8pm	Adult Basketball 6pm-8pm	Adult Basketball 6:45pm-8pm	Adult Basketball 6pm-8pm	
Open Gym 8pm-10pm	Open Gym 8pm-10pm	Open Gym 8pm-10pm	Open Gym 8pm-10pm	Open Gym 8pm-10pm	Open Gym 8pm-10pm	

YMCA of Western North Carolina
 We build strong kids, strong families, strong communities.

