

# Group Class Schedule

## April 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><b>Small Group Strength Training (2/3*)</b> 8-8:45 am <i>Fitness Studio</i> Delia</p>			
<p><b>Vitality through Strength (2*)</b> 9-10 am <i>Fitness Studio</i> Fyffe</p>	<p><b>Gym Orientation</b> 10-11 am <i>Gym</i> John</p>	<p><b>Stretching for Everyday (1/2*)</b> 9-10 am <i>Fitness Studio</i> Fyffe</p>	<p><b>Vitality through Strength (2*)</b> 9-10 am <i>Fitness Studio</i> Fyffe</p>		
<p><b>Yoga to Start Your Day (1/2*)</b> 10:15- 11:15 am <i>Fitness Studio</i> Lilly</p>	<p><b>Zumba Gold® (for All) (1/2*)</b> 10-10:45 am <i>Fitness Studio</i> Delia</p>	<p><b>FREE COMMUNITY CLASS</b> <b>5x5 Strength (2/3*)</b> 10:15-11 am <i>Fitness Studio</i> Anastasia</p>	<p><b>Balance and Core (1/2*)</b> 10:15-10:45 am <i>Fitness Studio</i> Fyffe</p>	<p><b>NEW FREE COMMUNITY CLASS</b> <b>Zumba Gold® (for All) (1/2*)</b> 10-10:45 am <i>Fitness Studio</i> Arlene</p>	<p><b>Senior Stretch &amp; Strength (1*)</b> 10-10:45 am <i>MPR</i> Ellen</p>
<p><b>FREE COMMUNITY CLASS - ENDS 4/8</b> <b>Community Nia (1*)</b> 11:30 am-12:30 pm <i>Fitness Studio</i> Carolyn</p>	<p><b>Stability &amp; Balance (1*)</b> 11-11:45 am <i>Fitness Studio</i> Ellen</p>	<p><b>Barre Sculpt &amp; Tone (2*)</b> 11:15 am-12 pm <i>Fitness Studio</i> Ariel</p>	<p><b>Seated Movements for Mobility (1*)</b> 11-11:45 am <i>Fitness Studio</i> Ellen</p>		<p><b>Gym Orientation</b> 11 am-12 pm <i>Gym</i> John</p>
<p><b>Myofascial Release (1*)</b> 12:45-1:30 pm <i>Fitness Studio</i> Sam</p>	<p><b>Pilates (2*)</b> 12-1 pm <i>Fitness Studio</i> Ariel</p>	<p><b>WORKSHOP Tai Chi (1*)</b> 12:30-1:30 pm <i>Fitness Studio</i> Patty</p>	<p><b>Pilates (2*)</b> 12-1 pm <i>Fitness Studio</i> Ariel</p>	<p><b>Myofascial Release (1*)</b> 11-11:45 am <i>Fitness Studio</i> Sam</p>	<p><b>FREE COMMUNITY CLASS</b> <b>Community Qi Gong (1*)</b> 11:30 am-1 pm <i>Fitness Studio</i> David</p>
<p><b>FREE COMMUNITY CLASS</b> <b>Zumba® (2*)</b> 5:30-6:30 pm <i>Fitness Studio</i> Delia</p>	<p><b>WORKSHOP Empowered Dance (2)</b> 5:30-6:45 pm <i>MPR</i> Sam</p>	<p><b>WORKSHOP Tai Chi (1*)</b> 2-3 pm <i>MPR</i> Patty</p>	<p><b>Slow Flow Yoga (2*)</b> 1:30-2:30 pm <i>Fitness Studio</i> Katie</p>	<p><b>Posture and Flexibility (1/2*)</b> 12-12:45 pm <i>Fitness Studio</i> Sam</p>	<p><b>Gym Orientation</b> 12-1pm <i>Gym</i> John</p>
		<p><b>Gym Orientation</b> 4:30-5:30 pm <i>Gym</i> Anastasia</p>	<p><b>Empowered Yoga: A Light a Path Practice</b> 5:30-6:30 pm <i>MPR</i> YWCA Instructors</p>		
		<p><b>Candlelight Restorative Yoga (1*)</b> 5:30-6:30 pm <i>Fitness Studio</i> Katie</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.

#### 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.

#### Barre Sculpt & Tone (2\*)

Uses 1-5 lb weights for upper body, Pilates based core work, and ballet barre sequence for mobility and strength.

#### 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

#### Community 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.

#### 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.

#### Empowered Dance (2\*)

Using sensual movement that is used in stages around the world, participants will learn the basics of contemporary burlesque and flow arts. This style of movement is great for improving shoulder, hand, and spinal mobility, as well as helping us connect to our body and emotions through movement.

#### Empowered Yoga: A Light a Path Practice (1\*)

Led by rotating Light A Path Instructors this class is designed to offer volunteer instructors a space to practice trauma-informed principles of teaching. The class mirrors movement classes that our instructors offer in prisons, jails, and recovery spaces, and emphasizes participant choice.

#### 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

#### 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

#### 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\*)

Mat-based class that is designed to help improve posture, core strength, and flexibility through strength exercises and integrated stretch techniques

#### Small Group Strength Training (2/3\*)

Class taught by a Certified Personal Trainer to 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.

#### 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.