

# FREE!

eliminating racism  
empowering women

**ywca**

Asheville

## Community Classes

### **Zumba**

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

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

### **5x5 Strength**

*Wednesdays: 10-10:45 am*

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

### **Empowered Yoga: A LAP Practice**

*Thursdays: 5:30-6:30 pm*

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.

### **Zumba Gold® (For All)**

*Fridays: 10 am-10:45am*

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.

### **Community Qi Gong**

*Saturdays: 11:30 am-1:00pm*

Ancient Chinese holistic set of exercises that includes various postures and slow physical movements. These actions are accompanied by concentration, breathing techniques, and meditation.

**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**