

FREE!

eliminating racism
empowering women
ywca
Asheville

Community Classes

Cardio Kickboxing

Mondays: 4:45-5:45 pm

Build stamina, improve coordination and flexibility, as you increase your strength and self confidence with this fun and challenging workout.

Zumba Gold (for All)

Tuesdays: 10:00-10:45 am

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.

Stretching for Everyday

Wednesdays: 9:00-9:45 am

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

Slow Flow Yoga

Thursdays: 1:15-2:15 pm

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

Posture and Flexibility

Fridays: 12:00-12:45 pm

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

**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**

185 S French Broad Ave, Asheville, NC 28801

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