

Group Health & Wellness Schedule

August 2022

Hourly Child Care is available Monday - Thursday 8am - 6pm and Fridays 8am - 12pm.

Reservations for childcare are required and can be made in advance by calling (828) 254-7206 x 113.

eliminating racism
empowering women

ywca

Asheville

YWCA is Closed **Monday 8/15** and **Tuesday 8/16** with light offerings for the remainder of that week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Vitality through Strength (2) 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p>New! 5x5 Strength(2) 11:00-11:30 pm <i>Fitness Studio</i> Sam</p> <p>Balance and Core (2/3) 12:00-1:00 pm <i>Fitness Studio</i> Fyffe</p> <p>Kundalini Yoga (2/3) 4:30-5:45 pm <i>Fitness Studio</i> Maripa</p> <p>New time! Myofascial Release (2) 6:00-6:30 pm <i>Fitness Studio</i> Sam</p>	<p>Groovin' with Fyffe (2) 10:00-11:00 am <i>Fitness Studio</i> Fyffe</p> <p>Senior Seated Movements for Mobility (1) 11:00-11:45 am <i>Fitness Studio</i> Fyffe</p> <p>Pilates (2) 12:00-1:00 pm <i>Fitness Studio</i> Sam</p> <p>New name! Body Love (2) 5:15-6:15 pm <i>Fitness Studio</i> Sam</p>	<p>Stretching for Everyday (1/2) 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p>Groovin' with Fyffe (2) 10:00-11:00 am <i>Fitness Studio</i> Fyffe</p> <p>New! Open Gym Orientation 10:30-11:30 am <i>Gym</i> Sam</p> <p>New! Prenatal Fitness (2) 12:00-1:00 pm <i>Fitness Studio</i> Sam</p> <p>Assisted Stretch (2) 4:30-5:30 pm <i>Fitness Studio</i> Sam</p> <p>New! Open Gym Orientation 5:45-6:45 pm <i>Gym</i> Sam</p>	<p>Vitality through Strength (2) 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p>Senior Stability and Balance (1) 10:15-11:00 am <i>Fitness Studio</i> Fyffe</p> <p>Pilates (2) 12:00-1:00 pm <i>Fitness Studio</i> Sam</p> <p>New! Yoga Nidra (1) 2:00-3:00 pm <i>Fitness Studio</i> Michal</p> <p>New! Meditation (1) 3:15-3:45 pm <i>Fitness Studio</i> Michal</p>	<p>Myofascial Release (2) 11:00-11:30 am <i>Fitness Studio</i> Sam</p> <p>New! Prenatal Fitness (2) 12:00-1:00 pm <i>Fitness Studio</i> Sam</p> <p>Sensual Dance Fitness (2/3) 4:30-5:30 pm <i>Fitness Studio</i> Sam</p>	<p>Senior Stretch & Strength (1) 10:00-11:00 am <i>Outside/ MPR</i> Ellen</p> <p>New Community Class Gentle Yoga (2) 10:00-11:00 am <i>Fitness Studio</i> Michal</p> <p>New Community Class Meditation (1) 11:15-11:45 pm <i>Fitness Studio</i> Michal</p>

Class Physical Exertion Key: Modifications can be made in all classes for different skill levels

1. Low impact, slow movements and exercises for increased mobility, strength and joint suppleness.
2. Land classes involve getting up and down off the floor. Focused on muscle endurance and mobility.
3. Classes use weights (land classes) and pool equipment to strengthen, increase coordination and extend cardio endurance.
4. Technical movements and strength building exercises to challenge your usual routine.
5. Increased difficulty with vigorous movements and long holds/stretchers.

Class Descriptions

New! 5x5 Strength (2/3)

Lifting heavy weight for 5 sets of 5 reps with long periods of active rest in between and will focus on the 5 primary movements; bend and lift, push, pull, rotational movement, and single leg.

Assisted Stretch (2)

Class will use the TRX straps and mind-body movement to support the body as we find new and fun ways to stretch and relax the muscles.

Balance and Core (2/3)

An injury prevention class focusing on strengthening the core and increasing balance utilizing mat, standing and stability ball exercises.

Body Love (2)

This class uses body neutral language and cues to promote self-acceptance and self-confidence. Class will include yoga, pilates, strength training, and dance elements.

Kundalini Yoga (2/3)

Learn the art of relaxation, self-healing & elevation. Each class is a dynamic blend of yoga postures, movement, breathwork, mantra, and meditation.

Groovin' with Fyffe (2)

Get ready to have some fun, dance to your favorite classics, all while working to improve your aerobic capacity and endurance.

Gentle Yoga (2)

A gentle yoga practice incorporating qigong-inspired movements, breathwork, and gentle poses to stretch and strengthen your whole body.

New! Meditation (1)

Reduce stress, strengthen focus and attention, expand your positive emotions through guided meditation. No lotus pose required - you're welcome to sit on a cushion or on a chair!

Myofascial Release (2)

Release tension in tight muscles using Myofascial Release techniques and gentle movement flows to improve posture, flexibility, and mood.

Pilates (2)

Strengthen your core and pelvic floor muscles. Class will help improve stability, and overall strength.

Seated Movements for Mobility (1)

Gentle seated exercise routines that focus on improving strength and flexibility to improve mobility. Designed for those who are easing their way back into fitness, and/or rehabbing an injury.

Sensual Dance Fitness (2/3)

Starting with a full body warm up, class will lead into step-by-step instruction to create a 2 minute low-impact dance that is empowering and fun.

Senior Stability and Balance (1)

A beginner's class for those who want to regain or retain balance. Standing and chair exercises will build balance for increased confidence in daily activities.

Senior Stretch & Strength (1)

A great way to get your blood flowing, improve your overall strength and enhance your flexibility. A true Saturday morning delight!

Stretching for Everyday (1/2)

Seated and standing exercises designed to improve physical performance, enhance range of motion, and reduce muscle fatigue.

New! Prenatal Fitness (2/3)

Class uses ACOG guidelines to provide safe and important movement during pregnancy. Classes will also be a place to build community.

Vitality through Strength (2)

Targets muscles from head-to-toe, alternating between upper and lower body strength training exercises for the ultimate challenge.

New! Yoga Nidra (1)

Experience healing and deep relaxation through a variety of techniques including breathwork, guided visualizations, and body scanning.

Community Classes

These classes are open and free for all

New! Gentle Yoga (2)

A gentle yoga practice incorporating qigong-inspired movements, breathwork, and gentle poses to stretch and strengthen your whole body.

New! Meditation (1)

Reduce stress, strengthen focus and attention, expand your positive emotions through guided meditation. No lotus pose required - you're welcome to sit on a cushion or on a chair!