

# FREE!

eliminating racism  
empowering women

# ywca

Asheville

## Community Classes

### Dance & Tone

*Mondays: 12:00-1:00 pm*

Move to the music with a little of this and a little of that (dance, mixed cardio, strength, toning, and flexibility), class includes mat based movement at the end

### Step & Tone

*Tuesdays: 5:30-6:15 pm*

Music-driven class with step and toning exercises to the beat; 30 minutes of step aerobics following by 15 minutes toning

### Small Group Training

*Wednesdays: 8:00-8:45 am*

Class focuses on total body strength, cardio, balance, and flexibility training while using minimal equipment. Class is taught by a Certified Personal Trainer.

### 5x5 Strength

*Thursdays: 11:15-11:45 am*

Weight lifting class with dumbbells following a 5 sets of 5 reps format with active rest in between sets. Movements focus on the 5 primary movements: bend-and-lift, push, pull, rotate, and single leg motion.

### Posture and Flexibility

*Fridays: 12:00-12:45 pm*

Uses active and passive mobility exercises with core work and strength to improve posture and flexibility, as well as improves mobility for everyday movement

**Pre-registration encouraged, call us at 828-254-7206  
to sign up for a FREE class or start your FREE 7-Day Trial  
membership [www.ywcaofasheville.org](http://www.ywcaofasheville.org)**

**185 S French Broad Ave, Asheville, NC 28801**

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