

Group Health & Wellness Schedule

February 2023

Hourly Child Care is available Monday - Thursday 8am - 8pm and Fridays 8am - 12pm
Reservations for childcare are required 2-3 days in advance by calling (828) 254-7206 x 113

eliminating racism
empowering women

ywca

Asheville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Vitality through Strength (2) 9:00-10:00 am Fitness Studio Fyffe</p> <p>NEW Member Orientation 9:30-10:30 am Gym Sam</p> <p>Balance & Core (2) 10:15-11:00 am Fitness Studio Fyffe</p> <p>5x5 Strength (2/3) 11:15-11:45 am Fitness Studio Sam</p> <p>FREE COMMUNITY CLASS Mix It Up Cardio (2) 12:00-1:00 pm Fitness Studio Beryl</p> <p>NEW Vinyasa Flow (2) 4:00-5:00 pm Fitness Studio Shannon</p> <p>Zumba® (1/2) 6:00-7:00 pm Fitness Studio Delia</p>	<p>Coming Soon! FREE COMMUNITY CLASS Yoga (1/2) 8:15-9:30 am</p> <p>Groovin' with Fyffe (2) 10:00-10:45 am Fitness Studio Fyffe</p> <p>Stability & Balance (1) 11:00 am-11:45 am Fitness Studio Fyffe</p> <p>Guided Inner Compassion (1) 12:00-12:45 pm MPR Cynthia</p> <p>Pilates (1) 12:00-1:00 pm Fitness Studio Sam</p>	<p>FREE COMMUNITY CLASS POUND® (2/3) 7:30-8:15 am Fitness Studio Delia</p> <p>Stretching for Everyday (1/2) 9:00-9:45 am Fitness Studio Fyffe</p> <p>Groovin' with Fyffe (2) 10:00-10:45 am Fitness Studio Fyffe</p> <p>Course Tai Chi (1) 12:00-1:00pm Fitness Studio Patti</p> <p>Gentle Yoga & Meditation (1) 3:45-5:00 pm Fitness Studio Michal</p> <p>Course Empowered Self Defense (2/3) 5:30-6:45 pm Fitness Studio Michal</p>	<p>Yoga (2) 6:30-7:30 am Fitness Studio Amy</p> <p>Vitality through Strength (2) 9:00-10:00 am Fitness Studio Rene</p> <p>Senior Seated Movements for Mobility (1) 10:15-11:00 am Fitness Studio Rene</p> <p>FREE COMMUNITY CLASS Pilates (1) 12:00-1:00 pm Fitness Studio Sam</p> <p>Workshop (ends 2/9) Myofascial Release 1:30-2:55 pm MPR Sam</p> <p>Vinyasa Flow (2) 4:45-5:45 pm Fitness Studio Andrea</p> <p>Step It Up (2/3) 6:00-6:45 pm Fitness Studio Beryl</p> <p>Shake It Off Dance Cardio (2) 7:00-7:45 pm Fitness Studio Beryl</p>	<p>Yoga (2) 6:30-7:30 am Fitness Studio Amy</p> <p>Myofascial Release (1) 11:00-11:45 am Fitness Studio Sam</p> <p>FREE COMMUNITY CLASS Prenatal Fitness (2) 12:00-1:00 pm Fitness Studio Sam</p> <p>TRX (2/3) 5:30-6:00 pm <u>6 Spaces Only</u> Fitness Studio Delia</p> <p>Zumba® (1/2) 6:15-7:15 pm Fitness Studio Delia</p>	<p>Senior Stretch & Strength (1) 10:00-11:00 am Fitness Studio Ellen</p> <p>Coming Soon! FREE COMMUNITY CLASS Yoga (1/2) 10:00-11:00 am</p> <p>Course Level 2 Tai Chi (2) 11:30am - 12:30pm Fitness Studio Patty</p> <p>Member Orientation 1:00 -2:00 pm Gym Claire</p>

Class Physical Exertion Key: (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 heavy weightlifting and/or an intense cardio workout to improve performance

Courses/Workshops: Reservations are open to both members and non-members with scholarships available

Empowered Self Defense: 7 Week Course; January 11th-February 22nd, Wednesdays, 5:30-6:45 pm, *Fitness Studio*

Tai Chi: 10 Week Course; January 14th-March 18th, Saturdays, 11:30 am -12:30 pm, *Fitness Studio*

Tai Chi Level 2: 10 Week Course; January 11th-March 15th, Wednesdays, 12:00-1:00 pm, *Fitness Studio*

Myofascial Release: 2nd Thursday of each Month. Next session: February 9th, Thursday, 1:30-3:00 pm, *MPR*

Guided Inner Compassion: 8 Week Course; February 7th-March 28th, Tuesdays 12:00-12:45 pm, *MPR*

Class Descriptions:

5x5 Strength (2/3)

Weight lifting class focused on the 5 primary movements; bend and lift, push, pull, rotational movement, and single leg

Balance & Core (2)

Injury prevention class focusing on strengthening the core and increasing balance utilizing mat, standing and stability ball

Gentle Yoga and Meditation (1):

Wrap up your afternoon with a gentle yoga practice ending with 30 minutes of guided relaxation and meditation

Groovin' with Fyffe (2)

Have some fun, dance to your favorite classics, all while improving aerobic capacity and endurance!

Guided Inner Compassion (1)

Class involves guidance to be kind and supportive of yourself in order to improve resilience and feelings of confidence. .

Member Orientation

A complimentary orientation that covers our facility rules, basics of exercise science, and how to safely operate our gym equipment *Mandatory for youth

Mix It Up Cardio (2)

Move to the music with a little dance, mixed cardio, strength, toning & flexibility, including some mat work

Myofascial Release (1)

Relax tension in tight muscles using myofascial release techniques that are based on your needs for the day

Pilates (1)

Uses teachings of Joseph Pilates to strengthen your core and pelvic floor muscles to help improve stability, and strength

POUND® (2/3)

An energizing, sweat-dripping workout, using Ripstix (sticks) to release tension & have fun using a mix of sound & movement

Prenatal Fitness (2):

Functional training that follows ACOG guidelines to help promote a healthy pregnancy, delivery, and recovery

Senior Seated Movements for Mobility (1)

Gentle seated exercise to improve strength, flexibility, & mobility

Stability & Balance (1)

Standing and chair exercises help increase confidence in daily activities by helping to regain or retain balance.

Senior Stretch & Strength (1)

Get your blood flowing, improve your overall strength and enhance your flexibility

Shake It Off Dance Cardio (2)

Come prepared to have fun and shake it off with a fun mix of cardio fitness, basic dance moves, toning & flexibility exercises

Step It Up (2/3)

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

Stretching for Everyday (1/2)

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

TRX® (2/3)

Suspension training that includes strength, cardio & flexibility in a safe but challenging workout easily modified to meet you at your level

Vinyasa Flow (2)

Join intentional movement with breath to create an energizing and detoxifying flow, increase flexibility, and strengthen

Vitality through Strength (2)

Alternating between upper and lower body strength training exercises for the ultimate challenge

Yoga (1/2) and (2)

Nourish your body, mind, and spirit through further developing your balance, coordination, flexibility, and cardio health

Zumba® (1/2)

An energizing mix of low & high-intensity moves for an interval-style, calorie-burning dance fitness party