

Group Health & Wellness Schedule

January 2022

Hourly Child Care is available Monday - Thursday 8am - 7pm and Fridays 8am - 5pm.


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

eliminating racism
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ywca

Asheville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>H2O Cardio (2/3) 8:00-8:55 am <i>Pool: Shallow End</i> Valinda</p> <p>Power Hour (2) 8:00-8:55 am <i>Pool: Deep End</i> Amy</p> <p>Full Body Strength (1) 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p>H2O Cardio (2/3) 11:15am -12:10pm <i>Whole Pool</i> Kitty</p> <p>Balance and Core (2/3) 12:00-1:00 pm <i>Fitness Studio</i> Fyffe</p> <p>Power Hour (2) 5:45-6:40 pm <i>Pool: Deep End</i> Amy</p>	<p>NEW! Yin Yoga (1) 10:00 am-11:15 pm <i>Fitness Studio</i> Sophia</p> <p>NEW! Tai Chi: 24 Yang Style (1) 5:30-6:30 pm <i>MPR</i> Jon Wiener</p> <p>NEW TIME! High Intensity Interval Training (4) 5:45-6:45 pm <i>Fitness Studio</i> Chelsea</p>	<p>Community Class Yoga to Start Your Day! (2) 8:00-8:45 am <i>Fitness Studio</i> Sophia</p> <p>H2O Cardio (2/3) 9:00-9:55 am <i>Pool: Shallow End</i> Valinda</p> <p>Stretching for Everyday (1) 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p>Community Class Walking With Awareness (2/3) 12:15-1:00 pm <i>Meet in Lobby</i> Fyffe</p> <p>Water Exercise (1) 11:15 am-12:10 pm <i>Pool: Shallow End</i> Ellen</p> <p>NEW! Mixed Movement Yoga (3/4) 4:30-5:30 pm <i>Fitness Studio</i> Sophia</p> <p>Power Hour (3) 5:45-6:40 pm <i>Pool: Deep End</i> Brenda</p>	<p>Low Impact Cardio (2) 10:00 am-11:00 pm <i>Fitness Studio</i> Fyffe</p> <p>Seated Movements for Mobility (1) 11:15 am-12:00 pm <i>Fitness Studio</i> Fyffe</p> <p>NEW TIME! Core Conditioning (2) 5:45-6:45 pm <i>Fitness Studio</i> Chelsea</p>	<p>H2O Cardio (2/3) 8:00-8:55am <i>Pool: Shallow End</i> Valinda</p> <p>Full Body Strength (1) 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p>Stability and Balance (1) 10:15-11:15 am <i>Fitness Studio</i> Fyffe</p> <p>Water Exercise (1) 11:15 am-12:10 am <i>Pool: Shallow End</i> Ellen</p> <p>Power Hour (2) 11:15 am-12:10 pm <i>Pool: Deep End</i> Amy</p>	<p>H2O Cardio (3) 9:00-9:55 am <i>Pool: Shallow End</i> Brenda</p> <p>Restorative Yoga (1/2) 8:30-9:30 am <i>Fitness Studio</i> Sophia</p> <p>Senior Stretch & Strength (1) 10:00-11:00 am <i>Fitness Studio</i> Sophia</p>

 Water Fitness (Deep, Shallow, or Whole Pool)

This schedule is subject to change

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

1. Low impact, slow movements and exercises geared towards increasing mobility to increase strength and joint suppleness.
2. Energizing classes focused on muscle endurance and mobility. Land classes have movements that involve getting up and down off the floor.
3. Classes use weights (land classes) and pool equipment to get your heart rate up, while strengthening, increasing coordination and extending cardiovascular endurance. Expect to feel empowered and challenged!
4. Technical movements and strength building exercises to challenge your usual routine and help you safely out of your comfort zone!
5. Increased difficulty with vigorous movements and long holds/stretchers. Up-beat and energizing music will push you to the end.

Class Descriptions

Balance and Core (2/3)

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

Core Conditioning (2)

This class targets your abs, low back and hip muscles for a total core workout. Works to improve stability, endurance, and posture.

Full Body Strength (1)

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



H2O Cardio Whole Pool (2)

Deep End: Intense cardiovascular and strength conditioning for core stabilization. Water suspension belts can be worn.

Shallow End: An intense workout utilizing a variety of pool equipment to focus on gaining strength, coordination, and cardiovascular endurance.

HIIT: High Intensity Interval Training (4)

This challenging class uses timed intervals and a variety of equipment to improve speed, power, and agility.

Low Impact Cardio (2)

This class is all about getting your heart rate up without the impact on your joints. Get ready to have some fun, all while working to improve your aerobic capacity and endurance.

Mixed Movement Yoga (3 / 4)

This class combines three elements: Mobility, Movement and Yoga. Mobilizing our musculo-skeletal system and expanding flexibility.

Restorative Yoga (1/2)

Passive, longer-held poses to target the deepest tissues of the body to allow the nervous system to restore and reset. Class relaxation, and meditation.

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)

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

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.

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.

Tai Chi: 24 Yang Style (1)

The Yang style is characterized by evenly paced flowing movements with delicate intricacies within each move, transition or stance. Suitable to a wide audience in regards to physical requirements.



Power Hour (2)

Intense cardiovascular and strength conditioning for core stabilization. Water suspension belts can be worn.



Water Exercise in Shallow End (1)

Suitable for participants looking to restore balance, and mobility. This low-impact, strength building class is a fun way to gain range of motion and stability!

Yin Yoga (1)

Yin Yoga focuses on stretching the connective tissue and leads to relaxation, stress reduction, mental balance and improved flexibility.

Open Community Classes

These Classes are open and free for all community Members.

Walking With Awareness (2/3)

Join Fyffe and YWCA staff for an afternoon walk! From the YWCA we will walk 1.5 miles around our south slope neighborhood. Get your steps with Community!

Yoga To Start Your day! (2)

A full body movement series to get you stretched and poised for an energized day ahead. This practice will help you tune in to your mindful side and wake up your body.