

Group Health & Wellness Schedule

June 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Community Class Yoga to Start Your Day! (2) 8:00-8:45 am <i>Fitness Studio</i> Macie</p> <p>Stretching for Everyday (1/2) 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p>New Class! Grooving 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>Full-Bodied Fitness (2) 4:30-5:30 pm <i>Fitness Studio</i> Sam</p>			
<p>Vitality through Strength (2) 9:00-10:00 am <i>Fitness Studio</i> Fyffe</p> <p>Balance and Core (2/3) 12:00-1:00 pm <i>Fitness Studio</i> Fyffe</p> <p>Extended Time! Kundalini Yoga (2/3) 4:30-5:45 pm <i>Fitness Studio</i> Maripa</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>Core Conditioning (2) 4:30-5:30 pm <i>Fitness Studio</i> Fyffe</p>	<p>Myofascial Release (2) 10:45-11:45 am <i>Fitness Studio</i> Sam</p> <p>New class! 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>New! Prenatal Fitness (2) 12:00-1:00 pm <i>Fitness Studio</i> Sam</p> <p>Community Class Walking With Awareness (2/3) 12:15-1:00 pm <i>Meet in Lobby</i> Fyffe</p> <p>Myofascial Release (2) 3:15-4:15 pm <i>Fitness Studio</i> Sam</p> <p>Assisted Stretch (2) 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>

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

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.

Core Conditioning (2)

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

Full-Bodied Fitness (2)

Facilitated by folx with larger bodies, just for folx with larger bodies. Weekly workouts ranging from dance, to strength training, and to mind-body flows. Come build community and create power over your autonomous movement.

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.

New Class! Grooving with Fyffe (2)

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

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 Class! 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. **Please consult with your doctor before starting a new workout program while pregnant.**

Vitality through Strength (2)

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

Community Classes

These classes are open and free for all

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 neighborhood. Get your steps with Community!

Yoga To Start Your day! (2)

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