

Group Fitness Schedule


November 2021

Hourly Child Care is available Monday - Thursday 8am - 7pm and Fridays 8am - 5pm.
Reservations are required and can be made in advance by calling (828) 254-7206 x 113.

eliminating racism
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Asheville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>H2O Cardio 8:00-8:55 am <i>Pool: Shallow End</i> Valinda</p> <p>Power Hour 8:00-8:55 am <i>Pool: Deep End</i> Amy</p> <p>Full Body Strength 9:00-10:00 am Fitness Studio Fyffe</p> <p>H2O Cardio 11:15am -12:10pm <i>Whole Pool</i> Kitty</p> <p>NEW! Balance and Core 12:00-1:00 pm Fitness Studio Fyffe</p> <p>H2O Cardio 5:45-6:40 pm <i>Pool: Shallow End</i> Kitty</p> <p>Power Hour 5:45-6:40 pm <i>Pool: Deep End</i> Amy</p>	<p>Low Intensity Interval Training 10:00 am-11:00 pm Fitness Studio Chelsea</p> <p>Water Exercise 10:00-10:55 am <i>Pool: Shallow End</i> Ellen</p> <p>Core Conditioning 4:00-5:00 pm Fitness Studio Chelsea</p> <p>NEW! High Intensity Interval Training 5:30-6:15 pm Fitness Studio Chelsea</p>	<p>NEW Community Class! Yoga to Start Your Day! 8:00-8:45 am Fitness Studio Sophia</p> <p>H2O Cardio 9:00-9:55 am <i>Pool: Shallow End</i> Valinda</p> <p>Stretching for Everyday 9:00-10:00 am Fitness Studio Fyffe</p> <p>NEW Community Class! Walking With Awareness 12:15-1:00 pm <i>Meet in Lobby</i> Fyffe</p> <p>Water Exercise 11:15 am-12:10 pm <i>Pool: Shallow End</i> Ellen</p> <p>NEW! Functional Yoga 5:30-6:30 pm Fitness Studio Sophia</p> <p>Power Hour 5:45-6:40 pm <i>Pool: Deep End</i> Brenda</p>	<p>NEW! Seated Movements for Mobility 10:00-11:00 am Fitness Studio Chelsea</p> <p>Low Impact Cardio 11:30 am-12:30 pm Fitness Studio Chelsea</p> <p>NEW! Tabata 5:30-6:15 pm Fitness Studio Chelsea</p>	<p>H2O Cardio 8:00-8:55am <i>Pool: Shallow End</i> Valinda</p> <p>Full Body Strength 9:00-10:00 am Fitness Studio Fyffe</p> <p>NEW! Stability and Balance 10:30-11:30 am Fitness Studio Fyffe</p> <p>Power Hour 11:15 am-12:10 pm <i>Pool: Deep End</i> Amy</p>	<p>H2O Cardio 9:00-9:55 am <i>Pool: Shallow End</i> Brenda</p> <p>NEW! Restorative Yoga 8:30-9:30 am Fitness Studio Sophia</p> <p>Senior Stretch & Strength 10:00-11:00 am <i>Outside</i> Sophia</p>
<p> Water Fitness (Deep, Shallow, or Whole Pool)</p>					<p><i>This schedule is subject to change</i></p>

Class Descriptions

Balance and Core

An intermediate class focusing on strengthening the core and increasing balance. This class, utilizing mat, standing and stability ball exercises, to help overall strength and prevention of injury.

Core Conditioning

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

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

Functional Yoga

This gentle yoga class is based on Hatha yoga for injury prevention and deepening our mind-body awareness. We will emphasize mental relaxation by pairing breathing with our movements.

HIIT (High Intensity Interval Training)

This is a challenging class that uses timed intervals and a variety of equipment to give you the ultimate total body workout. We'll focus on improving speed, power, and agility.

LIIT (Low Intensity Interval Training)

Uses timed intervals with rest periods, but at a lower intensity. This class focuses on base level strength and cardio training.

Low Impact Cardio

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.

Restorative Yoga

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

Senior Stretch & Strength

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

Stretching for Everyday

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

Stability and Balance

A beginner's class for those who want to regain or retain balance. Standing and chair exercises will build strength and balance for increased capabilities in activities of daily living and prevention of injury.

Seated Movements for Mobility

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.

Tabata

High intensity, fast paced, and a blast! Tabata uses specific timed intervals to increase muscle mass, and muscular and cardiovascular endurance.

Open Community Class: Walking With Awareness

Join Fyffe and YWCA staff for an afternoon walk! For The YWCA we will walk 1.5 miles around our south slope neighborhood. Monthly guest facilitators in physical health and asheville culture! *This Class is open and free for all community Members.*

Open Community Class: Yoga To Start Your day!

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. *This Class is open and free for all community Members.*