

OCTOBER GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	Spin 30 - Melissa		Spin 30 - Melissa		Spin 30 - Melissa	
8:00	Stretch, Tone, Balance-Sheila Water Fit		Stretch, Tone, Balance- Sheila Water Fit		Stretch, Tone & Balance - Sheila Water Fit	
8:30		ACTIVE Team Aqua Blast -Hannah 30 minutes		ACTIVE Team Aqua Blast -Hannah 30 minutes		
9:00	Yoga Rotating Water Fit	Water Walking 9:45 Alignment Yoga Carol Ann	Flow Yoga Shannon Water Fit	Water Walking	Athletic Stretch and Strength Water Fit	8:50 Yoga
10:00			10:00 Water Volleyball	10am Gentle Yoga Alena	10:00 Water Volleyball	
10:00	ZUMBA Wendy		 Wendy		ZUMBA Wendy	10:00 Rotating
11:00	11:15  (30 min)	10:45 Tai Chi Carol Ann	11:15  (30 min)	11:15 Meditation Alena	11:15  (30 min)	
12:00	 (50 min) 12:15 Spin 30 Melissa	 Stephanie	 (50 min) 12:15 Spin 30 Melissa	 Stephanie	 (60 min)	
4:30	ACTIVE or 	Spin 30 Melissa		Spin 30 Melissa		
4:45	Spin 30 David	4:45 Kettlebells & Spin Vanessa	Spin 30 David	4:45 Kettlebells & Spin Vanessa		
5:30		Water Fit-Lucy ACTIVE		Water Fit-Lucy Flow Yoga		
6:30	Water Fit	Swim Club		Swim Club		

Saturday Yoga
10/6 Tammy
10/13 Shannon
10/20 Alena
10/27 Carol Ann

Saturday 10am
10/6
Zumba Toning
Wendy
10/13 Spin
Alesia
10/20 PIYO
Stephanie
10/27
Bodypump
Teresa



A high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises. Bodyattack is a 55-minute class with two aerobic sections to challenge your cardio fitness and tone your entire body. Bodyattack express is a 30 minute version of the class designed to get your cardio workout done quickly!



Bodypump is the original barbell to music resistance training class. You will increase muscular and cardiovascular strength and endurance as well as tone and shape. Every class features the latest hard hitting and inspiring tunes. **Bodypump Express** is a 50minute abbreviated version of Bodypump. Designed to get you fit fast! **Bodypump Technique** The "101" of Bodypump. Learn the class format, tips for great form, execution and weight selection.



BODYVIVE™ 3.1 is the low-impact, whole body group fitness workout that uses resistance tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you. Best of all, you're left fizzing with energy, so you can really take life on!

ACTIVE- You CAN have it all! Get cardio, strength, balance and flexibility all in a fun 55 minute class. Easily modifiable, this class is for every fitness level. The music will drive you to the finish!

Athletic Stretch and Strength- This class is designed to improve your overall flexibility through the use of traditional Athletic training along with various other techniques. A more enhanced range of motion can be achieved to help improve a variety of Athletic endeavors. This class is suitable for all fitness levels.

Hip Hop-Join us for a great workout dancing to your favorite songs! Just wear sneakers, bring your "swag" and we'll teach you the moves!

Kettlebells & Spin- combines strength training with cardiovascular conditioning which will help to shape and tone the body without building bulk. Using kettlebells, dumbbells and your own bodyweight you will work your muscles to fatigue. Looking for more? Option to continue for another 30 minutes of spin for a cardio blast that will leave you drenched!

PIYO is a fusion of Pilates and yoga. It is very dynamic and fluid- no holding of poses. The focus is using bodyweight to increase strength and flexibility. You will work up a sweat!

Prenatal Aqua -Please contact Aquatics Director Hannah Taber to register. 828-737-5500 x317 or matthewh@ymcaavery.org.

Spin 30- This 30-minute express class will fly by as you work sprints, intervals and speed training. A great high intensity class and you'll be out quick!
Cardio workout?...DONE!

Stretch, Tone, & Balance Each class consists of stretching exercises suitable for all fitness levels to increase flexibility and maintain muscle fluidity. Various toning techniques are used to strengthen arms, abs and legs and are suitable for all fitness levels.

Sport- Drills, functional core movements and basic strength training come together to create a total body workout that fits everybody, from the beginner to the experienced athlete.

Tai Chi A meditative, low impact series of gentle rounded movements performed to enhance health, strength, flexibility and balance.

Yoga Increases the body's ability for ease of motion and mobility in daily living while improving both balance and flexibility. Participation will bring a heightened awareness of the body-mind connection and potential. In Alignment Yoga, emphasis is on alignment, posture, precision, detail and breathing in performing a pose to develop strength, mobility, stability and flexibility. Flow Yoga focuses on moving fluidly from one pose to the next while synchronizing the breath to the movement. Gentle yoga focuses on aligning the physical and mental by practicing stillness or gentle movement and stretching for extended periods of time. The props assist in helping you to hold poses longer.

Water Fit Also known as water aerobics, this class offers the participant the wonderful opportunity to enjoy the healing power of water while improving overall fitness through cardiovascular exercises that improve endurance, muscle tone and flexibility via water resistance, all in a low impact setting that is easy on the joints. Intensity varies per instructor.

Zumba This Latin-inspired dance-fitness class incorporates music and dance movements to create a dynamic, exciting, and effective fitness program! The dance movements are easy-to-follow and include body sculpting to target the gluts, legs, arms, core, abdominals and the most important muscle in the body, THE HEART!!!!!!☺

Zumba Strong-Combines bodyweight, muscle conditioning, cardio and polymeric moves to inspiring, energizing music.