



# DECEMBER GROUP FITNESS



Saturday YOGA  
 12/2 Carol Ann  
 12/9 Blythe  
 12/16 Shannon  
 12/23 Tammy  
 12/30 Shannon

	Monday	Tuesday	Wednesday	Thursday	Friday	
5:45 am						
6:30 am	Spin 30- Delee		Spin 30- Delee		Spin 30-Vanessa	
8:00 am	Stretch, Tone, Balance-Sheila		Stretch, Tone, Balance- Sheila		Stretch, Tone & Balance - Sheila	
	Water Fit- Sarah		Water Fit-Sarah		Water Fit-Sarah	
8:30 am		Traci		Traci		
9:00 am	Yoga Blythe	Water Walking Matthew	Flow Yoga Shannon	Water Walking Matthew	Wendy	8:50 Yoga
	Water Fit Matthew	9:45 Alignment Yoga Carol Ann	Water Fit Matthew		Water Fit Matthew	
10:00 am	Wendy		Wendy		Wendy	10:00 Rotating
				Gentle Yoga Blythe		
11:00 am	11:30 Bodypump Technique Traci	10:45 Tai Chi Carol Ann	11:15am (30 min) Bonnie	11:15 Meditation Blythe	11:15am (30 min) Teresa	
12:00 pm	(50 min) Traci	Stephanie	(50 min) Teresa	Stephanie	(60 min) Traci	
	Spin 30-Delee					
4:30pm	Wendy	Spin 30 Delee		Spin 30 Delee	Stephanie	
		4:45 Kettlebells & Spin Alesia		4:45 Kettlebells & Spin Alesia		
5:30 pm	Bonnie	Bonnie	Eva	Flow Yoga- Shannon		
		Water Fit-Lucy		Water Fit-Lucy		
5:30 pm		Prenatal Aqua*	Registration Required	Prenatal Aqua*		

Saturday 10am  
 12/2 NO CLASS-  
 Reindeer Run!!  
 12/9 Bodypump-  
 Eva  
 12/16 Zumba-Sarah  
 12/23 Boot Camp-  
 Traci  
 12/30 Bodyvive-  
 Bonnie



**BodyAttack** 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 50 or abbreviated version of Bodypump. Designed to get you fit fast!



**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!

**Bodypump Technique** The "101" of Bodypump. Learn the class format, tips for great form, execution and weight selection. You can schedule an individual session by emailing [tracie@ymcaavery.org](mailto:tracie@ymcaavery.org) or calling Traci @ 828-737-5500 X313.

**Sculpt & 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!



**PILOXING Barre** is a comprehensive well-rounded workout that is low impact, yet intensity building. This program creates full body awareness utilizing a Ballet Barre for the entire class- both standing and grounded. PILOXING is a high-energy interval workout that uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates.

**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** A low impact endurance building workout for expectant mothers. Please contact Aquatics Director Matthew Hitechew to register. 828-737-5500 x317 or [matthewh@ymcaavery.org](mailto:matthewh@ymcaavery.org).

**Spin** is the indoor cycling workout where you ride to the rhythm of powerful music. Your endurance and determination will be challenged as you tackle sprints, intervals and hills in this 45 minute class. **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.

**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!!!!!!☺