

Questions about any class or to connect with a member mentor* call Traci Ellis @828-737-5500 x319 OR email tracie@ymcaavery.org

JULY GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Spin 30 - Melissa		Spin 30 - Melissa		Spin 30 - Melissa	Saturday Yoga 7/7 Alena 7/14 Blythe 7/21 Carol Ann 7/28 Shannon
8:00 am	Stretch, Tone, Balance-Sheila Water Fit- Sarah		Stretch, Tone, Balance- Sheila Water Fit-Sarah		Stretch, Tone & Balance - Sheila Water Fit-Sarah	
8:30 am		 Traci		 Traci		
9:00 am	Yoga Blythe Water Fit Matthew	Water Walking Matthew	Flow Yoga Shannon Water Fit Matthew	Water Walking Matthew	Athletic Stretch and Strength Jeff Water Fit Matthew	8:50 Yoga
10:00 am	 Wendy	 Wendy	 Wendy	 Gentle Yoga Alena	 Wendy	10:00 Rotating
11:00 am	11:30 Bodypump Technique Traci	10:45 Tai Chi Carol Ann	11:15am  Bonnie	11:15 Meditation Alena		Saturday 10am 7/7 Cize-Eva 7/14-Sport-Traci 7/21 Spin-Melissa 7/28 Hip Hop-Sherry
12:00pm	 (50 min) Traci 12:15 Spin 30 Melissa	 Stephanie *No class on 7/17	 (50 min) Bonnie 12:15 Spin 30 Melissa	 Stephanie	 (60 min)Traci	
4:30pm	 *no class 7/9 4:45 Spin 30 Vanessa	Spin 30 Melissa 4:45 Kettlebells & Spin Alesia	 Eva/Stephanie 4:45 Spin 30 Alesia	Spin 30 Melissa 4:45 Kettlebells & Spin Vanessa		
5:30pm	 Bonnie	 Bonnie Water Fit-Lucy	 Eva/Tyler Water Fit-Lucy	Flow Yoga-Shannon Water Fit-Lucy		
5:30pm		Prenatal Aqua		Prenatal Aqua		
6:30pm	Water Fit-Lucy	Yoga- Blythe				

Member mentors are volunteers who help new participants get connected. They'll go with you to class for the first time, help you get set up, and show you where everything is!



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!

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.

CIZE-Live: Cize Live is professional dance for everyday people!, Cize Live breaks down professionally choreographed routines step-by-step. Before you know it you'll be bustin' out moves to the hottest new music. It's so fun, you'll forget you're working out! Whether you're a beginner or an experienced dancer Cize Live will be the right move for you!

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 Matthew Hitechew 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.