



Group Exercise

Monday		
5:45 am	Spinning	DeLee
8:00 am	Stretch, Tone, and Balance	Sheila
9:00 am	Pilates	Volunteer
10:00 am	Zumba	Liz
4:45 pm	Tae Bo	Alesia
5:30 pm	Yoga	Carol Ann
6:35 pm	BODYPUMP	Bonnie
7:45 pm	Zumba (No Kidzone)	Vanessa
Tuesday		
5:45 am	Spinning	Eva
8:30 am	BODYPUMP	Traci
9:45 am	Yoga	Carol Ann
10:45 am	Tai Chi	Carol Ann
5:30 pm	Zumba	Gina
5:30 pm	Spinning	Bonnie
Wednesday		
5:45 am	Spinning	DeLee
8:00 am	Stretch, Tone, and Balance	Sheila
9:00 am	Yoga	Marina
10:00 am	Zumba	Wendy
4:45 pm	Tae Bo	Alesia
5:30 pm	Intro Spinning	Chase
5:30 pm	BODY PUMP	Bonnie
6:45 pm	Zumba (Kidzone open until 8)	Vanessa
Thursday		
5:45 am	Spinning	Eva
8:30 am	BODYPUMP	Traci
9:45 am	Tai Chi	Alan
5:30 pm	Zumba	Gina
4:30 pm	RPM	Todd
5:30 pm	Beginning RPM	Todd
6:30 pm	Shag	George
Friday		
5:45 am	Spinning	DeLee
8:00 am	Stretch, Tone, and Balance	Sheila
9:00 am	Pilates	Volunteer
10:00 am	Zumba	Liz
11:00 am	Yoga (Beginning 2-10)	Marina
2:00 pm	Ball Room Dance Practice	Monte/John
4:30 pm	Zumba	Vanessa
5:30 pm	BODYPUMP	Bonnie
Saturday		
9:00 am	BODYPUMP	TBD
10:00 am	Spinning (until end of March)	Greg
10:15 am	Zumba	Vanessa
11:15 am	Yoga (Sub for Hilary)	Marina
Sunday		
2:00 pm	Tai Chi	Alan
3:00 pm	Yoga	Marina

BODYPUMP INSTRUCTORS

April, Saturday

- 4-7 Traci
- 4-14 Gina
- 4-21 Bonnie
- 4-28 Gina

May, Saturday

- 5-5 Bonnie
- 5-12 Gina
- 5-19 Traci
- 5-26 Bonnie

WATER FITNESS CLASSES

Monday, Wednesday, and Friday

- 8:00 am Trish
- 9:00 am Matt

Tuesday and Thursday

- 4:45 pm Alesia
- 5:30 pm Sarah

YMCA HOURS

- Mon-Thurs: 5:30 am - 8:30 pm
- Fri: 5:30 am - 7 pm
- Sat: 8 am - 5 pm
- Sun: 1 pm - 5 pm

Phone: 828-737-5500

www.ymcaavery.org

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.

Yoga and Tai Chi

Both increase 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.

Spinning

Get a fantastic cardio workout on a specially designed stationary bicycle. You control the resistance to build cardiovascular strength and develop muscular endurance and power.

Pilates

The Pilates "method," as it is now known, is an exercise system focused on improving flexibility, strength, and body awareness. It involves a series of controlled movements performed on a mat. Two of the key elements of Pilates are core strength and spinal alignment.

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!!!!!!**☺

BODYPUMP

BODYPUMP is a weight based resistance training that increases muscular and cardiovascular strength and endurance, tones and shapes muscles, and helps maintain bone health. Every class features the latest hard hitting and inspiring tunes.

Tae Bo

Tae Bo includes many of the same punches and kicks as Karate, but is not intended for fighting. Its only intent is to increase fitness through movement. Ta Bo is effective in toning and defining the body's musculature. It also improves your cardiovascular endurance, balance, flexibility, and coordination. The letters in **TAE BO** stand for: Total Awareness, Excellence, Body and Obedience

RPM™

is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. Like all the LES MILLS™ programs, a new RPM™ class is released every three months with new music and choreography.

ADDED CLASSES THIS MONTH

- **Yoga** classes on Friday at 11 and Sunday at 3
- **Spin Class** on Wednesday and Thursday nights at 5:30
- **Tai Chi** on Sundays at 2
- **Tae Bo** Mondays and Wednesdays at 4:45
- **Zumba** on Monday nights at 7:40, Wednesday nights at 6:35, and Friday nights at 4:30

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Please contact Adam Kassouf
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