



# GROUP FITNESS SCHEDULE

eliminating racism, empowering women  
ywca asheville

July 1, 2009

185 S. French Broad Ave. Asheville, NC 28801  
828-254-7206 [www.ywcaofasheville.org](http://www.ywcaofasheville.org)

^^ = POOL CLASSES  
\* = Steps available in pool  
FF = FAMILY FRIENDLY (children must be able to participate & not disrupt class)

## MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
6:00AM - 8:15AM	Lap Swim ^^		Pool
6:15AM - 7:15AM	Wake Up Circuit	Marta	Studio
8:15AM - 9:15AM	Pump	Susan	Studio
8:15AM - 9:00AM	Aerobics / Half Laps ^^ *		Pool
9:00AM - 9:45AM	Open Swim (FF) ^^ *		Pool
9:15AM - 10:15AM	Gentle Yoga	Adrian	Studio
11:00AM-12:00PM	Indoor Cycling	Alphie	Cycling Studio
11:15AM - 12:00PM	Aerobics / Deep Aerobics ^^		Pool
12:00PM - 1:00PM	Pilates	Susan	Studio
12:00PM - 1:30PM	Lap Swim ^^		Pool
1:30PM - 2:30PM	Water Basketball / Half Laps ^^		Pool
2:30PM - 3:15PM	Water Exercise / Half Laps ^^ *		Pool
3:15PM - 4:15PM	Open Swim (FF) ^^ *		Pool
4:00PM - 5:00PM	Turbo Kic (FF)	Nancy	Studio
5:30PM - 6:30PM	Bootcamp	Rhonda	Studio
5:30PM - 6:30PM	Indoor Cycling	Jeff	Cycling Studio
5:45PM - 6:30PM	Aerobics / Deep Aerobics ^^		Pool
6:30PM - 7:30PM	Yoga I-II	Clay	Studio

## TUESDAY

6:00AM - 9:00AM	Lap Swim ^^		Pool
7:00AM - 8:00AM	Indoor Cycling	Alphie	Cycling Studio
8:15AM - 9:15AM	Turbo Kic	Trish	Studio
9:00AM - 9:45AM	Open Swim (FF) ^^		Pool
9:15AM - 10:00AM	Stretch and Flexibility	Carol	Studio
10:00AM - 11:00AM	Tai Chi	Bob	Studio
10:00AM - 11:00AM	SilverSneakers I	Ronnie	Multipurpose
11:15AM - 12:00AM	Aerobics / Half Laps ^^		Pool
12:00PM - 1:00PM	Indoor Cycling	Carol	Cycling Studio
12:00PM - 1:30PM	Lap Swim ^^		Pool
12:30PM - 1:30PM	Yoga I-II	Vonda	Studio
2:30PM - 3:30PM	Open Swim (FF) ^^		Pool
5:00PM - 6:00PM	Indoor Cycling	Nancy	Cycling Studio
4:30PM - 5:30PM	Having a Ball (FF)	Eliza	Studio
5:30PM - 6:30PM	Pilates	Eliza	Studio
5:30PM - 6:30PM	Meditation	Ken	Gathering Room
5:45PM - 6:30PM	Deep Aerobics ^^		Pool
6:30PM - 7:30PM	Gold Zumba (FF)	Eliza	Studio
7:15PM - 9:00PM	Open Swim ^^		Pool

## WEDNESDAY

6:00AM - 8:15AM	Lap Swim ^^		Pool
6:15AM - 7:15AM	Wake Up Circuit	Marta	Studio
8:00AM - 9:00AM	Indoor Cycling	Trish	Cycling Studio
8:15AM - 9:15AM	Pump	Susan	Studio
8:15AM - 9:00AM	Aerobics / Half Laps ^^ *		Pool
9:00AM - 9:45AM	SilverSplash / Half Laps ^^ *		Pool
9:15AM - 10:15AM	Trim and Tone	Eliza	Studio
10:15AM - 11:15AM	SilverSneakers YogaStretch	Eliza	Studio
11:15AM - 12:00AM	Aerobics / Deep Aerobics ^^		Pool
12:00PM - 1:30PM	Lap Swim ^^		Pool
12:00PM- 1:00PM	Therapeutic Yoga	Lesile	Studio
2:30PM- 3:15PM	Water Exercise / Half Laps ^^ *		Pool

3:15PM – 4:15PM	Open Swim (FF)*		Pool
4:30PM – 5:30PM	Pump	Amanda	Studio
5:00PM – 5:45PM	Advanced Aqua Fitness / Half Laps ^^		Pool
5:30PM - 6:30PM	Indoor Cycling	Nancy	Cycling Studio
5:30PM – 6:30PM	African Dance (FF)	Jaime / Brianna	Studio
5:45PM – 6:30PM	Aerobics / Deep Aerobics ^^		Pool
6:30PM – 7:30PM	Flow Yoga I-II	Adrian	Studio
6:30 PM – 9:00PM	Lap Swim		Pool

## THURSDAY

6:00AM – 9:00AM	Lap Swim ^^		Pool
6:30AM – 7:30AM	Indoor Cycling	Annette	Cycling Studio
8:15AM – 9:15AM	Yoga I	Annette	Studio
9:00AM – 9:45AM	Open Swim ^^		Pool
9:30AM – 10:30AM	Pilates	Carol	Studio
10:00AM – 11:00AM	SilverSneakers I	Aileen	Multipurpose
11:15AM – 12:00AM	Aerobics / Half Laps ^^		Pool
11:00AM – 12:00PM	Indoor Cycling	Susan	Cycling Studio
12:00PM – 1:30PM	Lap Swim ^^		Pool
12:30PM – 1:30PM	Kundalini	Heather	Studio
1:30PM – 2:30PM	Water Basketball / Half Laps ^^		Pool
2:30PM – 3:30PM	Open Swim (FF) ^^		Pool
4:30PM – 5:30PM	CSI	Nancy	
5:00PM – 6:00PM	Indoor Cycling	Jeff	Cycling Studio
5:30PM – 6:30PM	Pilates	Amanda	Studio
5:45PM – 6:30PM	Deep Aerobics ^^		Pool
7:15PM – 9:00PM	Open Swim ^^		Pool

## FRIDAY

6:00AM - 8:15AM	Lap Swim ^^		Pool
6:15AM - 7:15AM	Wake Up Circuit	Marta	Studio
8:15AM – 9:15AM	Pump	Trish	Studio
8:15AM – 9:00AM	Aerobics / Half Laps ^^ *		Pool
9:00AM – 9:45AM	Open Swim (FF) ^^ *		Pool
9:15AM – 10:00AM	Stretch and Flexibility	Trish	Studio
10:00 AM-11:00AM	Indoor Cycling	April	Cycling Studio
10:30AM – 11:15AM	Open Swim (FF) ^^ *		Pool
12:00PM – 1:30PM	Lap Swim ^^		Pool
2:30PM – 3:15PM	Water Exercise / Half Laps ^^ *		Pool
3:30PM – 5:00PM	Family Swim (FF) ^^		Pool
5:00PM – 6:30PM	Lap Swim ^^		Pool
5:30PM – 6:30PM	Yoga Flow I-II	Jackie	Studio
6:30PM – 8:30PM	Family Swim (FF) ^^		Pool

## SATURDAY

8:00AM - 10:00AM	Lap Swim ^^		Pool
9:00AM – 10:00AM	Indoor Cycling	Nancy	Cycling Studio
9:15AM – 10:00AM	SilverSneakers II Cardio Circuit	Jim	Studio
10:00AM – 10:45AM	Aerobics / Half Laps ^^		Pool
10:15AM – 11:15AM	Yoga	Amber	Studio
11:00AM – 3:00PM	Family Swim (FF) ^^		Pool

## SUNDAY

Closed			
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### CLUB W HOURS

Mon. - Fri. 6:00AM - 9:00PM  
 Saturday 8:00AM - 6:00PM  
 Sunday Closed

For class descriptions, please visit

[www.ywcaofasheville.org](http://www.ywcaofasheville.org).

**CYCLE RESERVATIONS:** Reservations must be made by calling 254-7206 x 0 - 30 minutes prior to class. See the front desk for a cycling card. Be in the cycling studio at least 5 minutes before class starts; if new, be in class 15 minutes before class time.

### POOL HOURS

Mon. - Fri. 6:00AM - 9:00PM  
 Saturday 8:00AM - 6:00PM  
 Sunday Closed

**One lap lane is available during Open Swim.**

**Questions?** Susan MacDonald 254-7206 ext 213

### DROP-IN CHILD CARE HOURS

Mon. - Fri. 8:00AM - 12:00PM  
 Mon., Wed. 4:30PM - 8:30PM  
 Saturday 9:00AM - 11:30AM