

Club W: The YWCA Health & Fitness Center

General Information

Club W Hours

Mon. - Fri. 5:30 am - 9:00 pm
Saturday 8:00 am - 6:00 pm
Sunday 1:00 pm - 6:00 pm

Child Care Hours

Mon.- Fri. 7:30 am - 12:30 pm
Mon. - Thurs. 4:30 pm - 8:30 pm
Saturday 9:00 am - 11:30 am

Child Care available at no additional charge.

Club W Orientations

By appointment. Sign up at the front desk.

Thank you! You make a difference.

Your Club W membership helps to support the YWCA's many important community service programs, such as child care, diabetes wellness, health outreach, adolescent pregnancy prevention, and more.

At Club W, You strengthen your body and you strengthen your community.

Questions?

Susan Macdonald, Health & Fitness Director
254-7206 x 213

Carol Severance, Membership Coordinator
254-7206 x 105

eliminating racism
empowering women
ywca



Class Descriptions

You can always see current schedule on the web at www.ywcaofasheville.org.

Bootcamp: Drills, relays, cardio, strengthening.

CSI: Cardio, strength, and intervals, finishing with abs and stretching.

Early Bird Combo: High-energy class with step and hand weights to provide a full-body workout.

Flow Yoga: This class flows from one posture to the next. Participants need to know basic postures.

Gold Zumba: Fusion of Latin and International music. Dance creates a dynamic and effective workout.

Kundalini Yoga: "Kriya" or set of postures, breathing, and chant directed towards a particular intention. A little bit different from your 'usual' yoga. Appropriate for beginner or advanced.

Meditation: One-hour seated, reflective, guided relaxation. Focus on breath and stress reduction.

Pilates: Ultimate core training, increases balance, strengthens abdomen and back.

Pump: Resistance training in a class setting. Fun workout to music.

Stretch and Flexibility: A 45-minute feel good class – Relaxing, breathing, stretching, some standing, sitting, floor...

SilverSneakers I: A 45-minute beginning exercise class taught assisted with a chair.

SilverSneakers II: Intermediate class.

Soul Groove: Flowing movements and African dance moves.

Tai Chi: Low impact exercise that improves balance, flexibility, and reduces stress.

Trim & Tone: A full body workout incorporating strength moves and flexibility.

Having a Ball: Intervals of cardio, resistance training, and physio ball exercises.

Turbo Kic: Cardiovascular class combining calorie-blasting kickboxing, body sculpting to dance music.

Yoga: Yoga postures improve strength, circulation, flexibility, and balance of the endocrine system. Please attend Gentle or Level I prior to Level II.

Class offerings may change, be cancelled or move to a different time slot.