



GROUP FITNESS SCHEDULE

eliminating racism, empowering women
ywca asheville

November 1, 2009

185 S. French Broad Ave. Asheville, NC 28801
828-254-7206 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
5:30AM - 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 - 10:30AM	Open Swim (FF) ^^ *		Pool
9:15AM - 10:15AM	Gentle Yoga	Amber	Studio
10:30AM - 11:15AM	Half Laps ^^		Pool
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
1:45PM - 2:30PM	(entry-level) Water Exercise / Half Laps ^^ *		Pool
2:30PM - 3:30PM	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
8:00PM - 9:00PM	Lap Swim ^^		Pool

TUESDAY

6:30AM - 7:30AM	Early Bird Combo	Tracy	Studio
5:30AM - 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
10:30AM - 11:15AM	Half Laps ^^		Pool
11:15AM - 12:00AM	Aerobics / Deep Aerobics ^^		Pool
12:00PM - 1:00PM	Indoor Cycling	Carol	Cycling Studio
12:00PM - 1:30PM	Lap Swim ^^		Pool
12:30PM - 1:30PM	Yoga I-II	Leslie	Studio
1:30PM - 2:30PM	Water Basketball / Half Laps ^^		Pool
2:30PM - 3:30PM	Open Swim (FF) ^^	Pool	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	Family Swim Eff. Nov 3		Pool

WEDNESDAY

5:30AM - 8:15AM	Lap Swim ^^		Pool
6:15AM - 7:15AM	Wake Up Circuit	Marta	Studio
8:00AM - 9:00AM	Indoor Cycling	Becky	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
9:45AM - 11:15AM	Half Laps ^^		Pool
10:15AM - 11:15AM	SilverSneakers YogaStretch	Eliza	Studio
11:15AM - 12:00AM	Aerobics / Deep Aerobics ^^		Pool
12:00PM - 1:30PM	Lap Swim ^^		Pool

1:45PM – 2:30PM	(entry-level) Water Exercise / Half Laps ^^ *		Pool
2:30PM – 3:30PM	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	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

6:30AM – 7:30AM	Early Bird Combo	Tracy	Studio
5:30AM – 9:00AM	Lap Swim ^^		Pool
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
10:30AM – 11:15AM	Half Laps ^^		Pool
11:15AM – 12:00AM	Aerobics / Deep Aerobics ^^		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	
5:30PM – 6:30PM	Indoor Cycling	Becky	Cycling Studio
5:30PM – 6:30PM	Pilates	Jackie	Studio
5:45PM – 6:30PM	Deep Aerobics ^^		Pool
7:15PM – 9:00PM	Family Swim ^^		Pool

FRIDAY

5:30AM - 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 – 11:15AM	Open Swim (FF) ^^ *		Pool
9:15AM – 10:00AM	Stretch and Flexibility	Trish	Studio
10:00 AM-11:00AM	Indoor Cycling	April	Cycling Studio
11:15AM – 12:00PM	Aerobics / Deep Aerobics ^^		Pool
12:00PM – 1:30PM	Lap Swim ^^		Pool
1:45PM – 2:30PM	(entry-level) Water Exercise / Half Laps ^^ *		Pool
2:30PM – 3:30PM	Open Swim ^^		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) eff Nov 3		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	Aileen/Ronnie	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

1:00PM – 2:30PM	Lap Swim ^^		Pool
2:30PM – 3:30PM	Indoor Cycling	Shannon	Cycling Studio
2:30PM – 5:30PM	Family Swim (FF) ^^		Pool

CLUB W HOURS

Mon. - Fri. 5:30AM - 9:00PM
 Saturday 8:00AM - 6:00PM
 Sunday 1:00PM – 6:00PM

For class descriptions, please visit www.ywcaofasheville.org.

POOL HOURS

Mon. - Fri. 5:30AM - 9:00PM
 Saturday 8:00AM - 6:00PM
 Sunday 1:00PM – 6:00PM

One lap lane is available during Open Swim.

Questions? Susan MacDonald 254-7206 ext 213

DROP-IN CHILD CARE HOURS

Mon. - Fri. 7:30AM - 12:30PM
 Mon., Wed. 4:30PM - 8:30PM
 Saturday 9:00AM - 11:30AM

CYCLE RESERVATIONS: Reservations must be made by calling 254-7206x0 30 minutes prior to class. See the front desk for a cycling card. Be If new, be in class 15 minutes before class time.