

Spring Term YMCA courses

Strength Training for Healthy Aging, Level 1, Section A

Health and Fitness

8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13

Mondays, 2-3 p.m.

Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Strength Training for Healthy Aging - Level 1 will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. This introduction to strength training will include detailed instruction on proper form and body alignment. We will learn movements to work muscles in a safe and effective way and work with a variety of weights to maintain muscle mass, increase motor neuron recruitment and build functional strength. The knowledge gained in this course will empower participants to continue a strength-based fitness routine beyond the end of the term. Please wear clothing that you can move in comfortably and closed-toed shoes. **Course fee:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

Instructor: Mary Heard (mheard@ymcawnc.org) has been a health and wellness coach at the Woodfin YMCA since August 2017. Previously, she was an assistant coach to a summer football program in Charleston, SC. Mary was the president of her women's rugby team at College of Charleston where she studied French and graduated with a Bachelor of Science in biology.

Healing the Back with Yoga

Health and Fitness

8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14

Tuesdays, 2-3 p.m.

Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Join this journey towards living free of back pain. Participants will learn basic anatomy, breath awareness, movement principles and central elements of alignment-based yoga for the healing and health of your back.

Instructor: Tanya Neplioueva is a registered yoga teacher, healthy living coach, and licensed massage therapist born in Minsk, Belarus and raised in the Bull City--Durham, North Carolina. She is grateful to have found yoga after a childhood of gymnastics, dance and sports. Tanya is passionate about sharing yoga as a deeply expansive and therapeutic way of life. Her vibrant classes combine her study of yoga asana, bodywork, dance and advanced yoga therapeutics and offer each participant a tailored practice with extensive hands-on assistance. Tanya graduated from AYC's 200-hour teacher training in 2011, Samadhi Shala's 200-hour training in Ashtanga Vinyasa in 2012, and completed her 500-hour Advanced Yoga Studies in Yoga Therapeutics with AYC in 2014.

Strength Training for Healthy Aging, Level 1, Section B

Health and Fitness

8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15

Wednesdays, 2-3 p.m.

Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Strength Training for Healthy Aging - Level 1 will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. This introduction to strength training will include detailed instruction on proper form and body alignment. We will learn movements to work muscles in a safe and effective way and work with a variety of weights to maintain muscle mass, increase motor neuron recruitment and build functional strength. The knowledge gained in this course will empower participants to continue a strength-based fitness routine beyond the end of the term. Please wear clothing that you can move in comfortably and closed-toed shoes. **Course fee:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

Instructor: Mary Heard (mheard@ymcawnc.org) has been a health and wellness coach at the Woodfin YMCA since August 2017. Previously, she was an assistant coach to a summer football program in Charleston, SC. Mary was the president of her women's rugby team at College of Charleston where she studied French and graduated with a Bachelor of Science in biology.

Strength Training for Healthy Aging, Level 2

Health and Fitness

8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15

Wednesdays, 3:15 – 4:15 p.m.

Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Strength Training for Healthy Aging - Level 2 is for participants who have previously completed a strength training course with the YMCA and who have an understanding of proper body alignment for basic weight lifting exercises. We will build on the skills learned in the functional strength classes. Please wear clothing that you can move in comfortably and closed-toed shoes. **Prerequisite:** Completion of *Strength Training for Healthy Aging – Level 1*. **Course fee:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

Instructor: Mary Heard (mheard@ymcawnc.org) has been a health and wellness coach at the Woodfin YMCA since August 2017. Previously, she was an assistant coach to a summer football program in Charleston, S.C. Mary was the president of her women's rugby team at College of Charleston where she studied French and graduated with a Bachelor of Science in biology.

Introduction to Barre Series

Health and Fitness

8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16

Thursdays, 3-4 p.m.

Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Join this progressive exercise series that explores all of the pieces of a Barre class and puts them together for a fantastic workout. Barre classes use a combination of postures inspired by ballet, yoga and Pilates. The Barre is used as a prop for balance for isometric moves that will give you a fantastic workout. **Course fee:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

Instructor: Stacey Jayne Uria found Pilates 13 years ago when she befriended a Pilates teacher who convinced her to try a private lesson. After her first session, she knew that Pilates was something very special. She kept going to private lessons and decided to trek into NYC to learn how to teach classical Pilates. Stacey is a mother of two and has a soft spot for training beginners in Mat Pilates and Barre.