

NOVEMBER 2017

MULTI-PURPOSE ROOM

GROUP FITNESS SCHEDULE

HAYWOOD
REGIONAL HEALTH & FITNESS CENTER

MONDAY

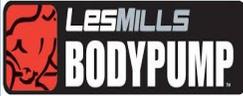
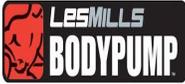
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>5:40-6:40 AM</p>  <p>-Sheila</p>	<p>5:40-6:40 AM</p>  <p>-Lisa C.</p>	<p>5:40-6:40 AM</p>  <p>-Lisa C.</p>	<p>5:40-6:40 AM</p> <p>STEP & STRENGTH</p> <p>-Lisa C.</p>		
<p>8:15-9:15 AM</p>  <p>CARDIO INTERVALS</p> <p>-Karen H.</p>	<p>8:30-9:30 AM</p> <p>STONE IT UP</p> <p>-Sam</p>	<p>8:15-9:15 AM</p>  <p>CARDIO INTERVALS</p> <p>-Karen H.</p>	<p>8:30-9:30 AM</p> <p>STONE IT UP</p> <p>-Sam</p>	<p>8:15-9:15 AM</p> <p>Cardio & Core</p> <p>-Sam</p>	<p>8:30-9:15 AM</p> <p>WEEKEND WAKE UP</p> <p>-Jennifer</p>
<p>9:30-10:15 AM</p> <p>FLEXIBLE FITNESS</p> <p>-Ann K.</p>	<p>9:45-10:30 AM</p> <p>GREAT BEGINNINGS</p> <p>-Karen M.</p>	<p>9:30-10:15 AM</p> <p>FLEXIBLE FITNESS</p> <p>-Ann K.</p>	<p>9:45-10:30 AM</p> <p>GREAT BEGINNINGS</p> <p>-Karen M.</p>	<p>9:30-10:15 AM</p> <p>FLEXIBLE FITNESS</p> <p>-Monica</p>	<p>9:30-10:30 AM</p>  <p>-Jennifer</p>
<p>10:30-11:30 AM</p> <p>BONES & BALANCE</p> <p>-Monica</p>	<p>10:30-11:30AM</p>  <p>-Lisa D.</p>	<p>10:30-11:30 AM</p> <p>BONES & BALANCE</p> <p>-Ann K.</p>	<p>10:30-11:30AM</p>  <p>-Lisa D.</p>	<p>10:30-11:30 AM</p> <p>BONES & BALANCE</p> <p>-Monica</p>	
<p>11:45-12:45 PM</p>  <p>-Monica</p>	<p>11:45 - 12:30 PM</p> <p>CORE FITNESS</p> <p>-Lewis</p>	<p>11:45-12:45 PM</p>  <p>-Sussy</p>	<p>11:45 12:30 PM</p> <p>CORE FITNESS</p> <p>-Lewis</p>	<p>11:45-12:45 PM</p>  <p>-Sussy</p>	
				<p>4:00-4:45PM</p>  <p>-Sam</p>	
<p>4:30-5:15 PM</p> <p>INTERVAL-OCITY</p> <p>-Beth</p>	<p>4:30-5:15 PM</p>  <p>-Lisa C.</p>	<p>4:30-5:15 PM</p>  <p>-Sam</p>	<p>4:30-5:15 PM</p>  <p>-Lisa C.</p>		
<p>5:30-6:30 PM</p> <p>BARS & BARRES</p> <p>-Lisa C.</p>	<p>5:30-6:15PM</p> <p>CORE BLAST</p> <p>-Sam</p>	<p>5:30-6:30 PM</p> <p>BARS & BEAT!</p> <p>-Lisa C.</p>	<p>5:30-6:30 PM</p> <p>BARS & BEAT!</p> <p>-Lisa C.</p>		
<p>6:45-7:30PM</p>  <p>-Karen Walters</p>	<p>6:30-7:30 PM</p>  <p>-Jennifer</p>	<p>6:45-7:45 PM</p>  <p>-Monica</p>	<p>6:30-7:30 PM</p>  <p>-Jennifer</p>		

LOW IMPACT/ BEGINNER
ALL FITNESS LEVELS
INTERMEDIATE/ ADVANCED

CLASS DESCRIPTIONS BY FITNESS LEVEL

LOW IMPACT/ BEGINNER FITNESS:

Bones & Balance: A combination of low impact weight bearing exercises, balance and gentle full body strengthening exercises; appropriate for participants with osteopenia or osteoporosis.

Flexible Fitness: This class offers a variety of standing, sitting & floor stretching exercises.

Great Beginnings: Low level class using bands, weights, chairs and slow movements to increase strength, cardiovascular fitness and improve balance. Appropriate for seniors, beginning exercisers and those with chronic conditions.

Zumba Gold®: Takes the exciting Latin and international dance rhythms and brings them to the active older adult, the beginner participant and other special populations.

INTERMEDIATE & ADVANCED FITNESS:

Bars & Barres: Utilizes weights and strength-training techniques that will keep you moving and energized throughout this fast-paced class. For every participant of any fitness level. (**Includes 15-minute "Butts & Guts" portion at end of each class!)

Bars & Beat: Challenge yourself and treat your body to this one-of-a-kind multifunctional, upbeat class that combines cardio, curls, and core for a fun, unique take on group fitness

Cardio Intervals: High/low cardio and strength training class designed to burn fat and increase muscle tone. Aerobic exercise, toning and stretching for all levels.

LES MILLS BODYFLOW™: A yoga-based class that involves a series of simple yoga moves as well as elements of Tai Chi and Pilates.

PiYo™: Pilates and yoga-inspired moves with cranked up speed to give you full throttle cardio, strength and flexibility training. High intensity and low impact.

Tone It Up: A short aerobics warm up, thirty minutes of total body toning utilizing bands, tubes, weights and mats followed by a long stretch on the floor.

Zumba®: Latin inspired dance-fitness class that incorporates Latin and international music and dance movement.

BARRE FUSION: This class focuses on the entire body using high repetitions and low weight or body weight!

CORE BLAST: A 45-minute class fusing Cardio, Strength, and Core training through a variety of low impact, high intensity exercises.

INTERMEDIATE & ADVANCED FITNESS:

Core Fitness: An intense, low-impact class that focuses on body sculpting and core strengthening.

INTERVAL-ocity: Intervals of plyometrics, kickboxing, sports conditioning and calisthenics with intervals of muscle building mat conditioning.

Weekend Wake Up: A high-energy cardio class that varies with each instructor designed to get your weekend started with conditioning and strength exercises.

Alpha Strength: Build strength, tone your body. 60 minutes class incorporating weights and great drills.

Zumba Toning: The challenge of adding resistance by using Zumba®Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

Insanity: Max interval training has you work as hard as you can for 3-minute intervals, with 30-second periods of rest in between. This extreme intensity level will help you burn up tons calories an hour. **You must try!!!!**