

HAYWOOD WINTER 2025

REGIONAL HEALTH & FITNESS CENTER

Location by color

CLASSROOMS
GYMNASIUM
MULTIPURPOSE ROOM
OUTDOORS
POOL
SPINNING

Group Fitness Schedule

Monday			Saturday		
8:15-9:15am	Tone It Up	Rotation	8:30-9:30am	Weekend WakeUp	Jen
8:30-9:30am	Power House	Stephen	9:45-10:45am	Pump	Jen
8:30-9:15am	Aqua Fit	Rotation	10:00-11:00am	Flexible Fitness	Rotation
9:30-10:15am	Rise and Ride	Rotation	11:45-12:45pm	Qigong	Tana
9:30-10:15am	Water Blast	Rotation			
9:45-10:30am	Pilates	Rhonda			
10:30-11:15am	Deep Water	Rotation			
10:45-11:30pm	Restorative Yoga	Rhonda			
12:00-1:00pm	Zumba	Rotation			
4:30-5:15pm	Step It UP	Lisa			
5:30-6:30pm	Zumba	Brandy			
5:30-6:15pm	Spin	Jen			
6:30pm-7:00pm	Core	Jen			
5:30-6:30pm	Stretch and Breath	Michael			
Tuesday					
8:15-9:30am	Tabata	Karen			
8:30-9:30am	Yoga Basics	Karen			
9:45-10:30am	Great Beginnings	Rhonda			
9:45-11:00am	Yoga	Karen			
10:45-11:30am	Bones and Balance	Rhonda			
11:00-11:45am	Fluid Motion	Lynn			
11:45-12:45pm	Qigong	Tana			
2:00-3:00pm	G3 Parkinson's Class	Kanita			
5:00-5:45pm	Booty Blast	Rotation			
5:45-6:30pm	Splash	Lisa			
6:00-7:00pm	Body Pump	Jen			
Wednesday					
8:15-9:15am	Tone It Up	Rotation			
8:30-9:30am	Power House	Rotation			
8:30-9:15am	Aqua Fit	Rotation			
9:30-10:15am	Rise and Ride	Rotation			
9:30-10:15am	Water Blast	Rotation			
9:45-10:30am	Pilates	Rhonda			
10:00-11:00am	Flexible Fitness	Ann			
10:30-11:15am	Deep Water	Debbie			
10:45-11:30am	Use it Don't Lose it	Rotation			
12:00-1:00pm	Zumba	Rotation			
4:30-5:30pm	TRX and Spin	Lisa			
5:30-6:30pm	Power Core Yoga	Michael			
5:30-6:30pm	Power House	Jen			
Thursday					
5:45-6:30am	Tabata	Lisa			
8:15-9:30am	Tabata	Karen			
8:30-9:30am	Yoga Basics	Karen			
9:45-10:30am	Great Beginnings	Ann			
9:45-11:00am	Yoga	Karen			
10:45-11:30	Bones and Balance	Ann			
11:00-11:45am	Fluid Motion	Rotation			
11:45-12:45pm	Qigong	Tana			
5:00-5:45pm	Booty Blast	Rotation			
5:45-6:30pm	Splash	Elisabeth			
6:00-7:00pm	Body Pump	Jen			
Friday					
8:15-9:15am	Tone It Up	Karen			
8:30-9:30am	Power House	Stephen			
8:30-9:15am	Aqua Fit	Laura			
9:30-10:15am	Rise and Ride	Rotation			
9:30-10:15am	Water Blast	Laura			
9:45-10:30am	Flow and Tone	Karen			
10:00-11:00am	Flexible Fitness	Ann			
10:30-11:15am	Deep Water	Rotation			
12:00-1:00pm	Zumba	Rotation			
4:30-5:30pm	Boot Camp	Rotation			

NEW

NEW



February 27th
9:30am-2pm
 JOIN US FOR HEART HEALTHY NUTRITION INFORMATION, BENEFITS OF MASSAGE, HEART HUSTLE WALK, AND LUNCH.

MASSAGE APPOINTMENTS AVAILABLE!
CALL TODAY!

CELEBRATING NATIONAL GIRLS & WOMEN IN SPORTS DAY

Gym Hours

Monday-Thursday
5:30am-9:00pm

Friday
5:30am-8:00pm

Saturday
7:30am-5:00pm

Sunday
1:00-6:00pm

Pool Hours

Monday –Thursday
6:00am-8:00pm

Friday
6:00am-7:00pm

Saturday
8:00am-4:00p

Sunday
1:00pm-5:00pm



February 7th—National Wear Red Day