

CLASSROOMS
GYMNASIUM
MULTIPURPOSE ROOM
OUTDOORS
POOL
SPINNING

# Group Fitness Schedule

Monday		
8:15-9:15am	Tone It Up	Rotation
8:30-9:30am	Power House	Stephen
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
10:30-11:15am	Deep Water	Rotation
12:00-1:00pm	Zumba	Rotation
4:30-5:30pm	Spin and TRX	Lisa
5:00-6:00pm	Zumba	Sussy
5:30-6:30pm	Interval Spin and Core	Jen
5:30-6:30pm	Stretch and Breath	Micheal

Tuesday		
8:15-9:30am	Tabata	Karen
8:30-9:30am	Restorative Yoga	Karen
9:45-10:30am	Great Beginnings	Rhonda
9:45-11:00am	Yoga	Karen
10:45-11:30	Bones and Balance	Rhona
11:00-11:45am	Fluid Motion	Lynn
11:45-12:45pm	Tai Chi	Matt
2:00-3:00pm	G3 Parkinson's Class	Kanita
5:00-5:45pm	Booty Blast	Rotation
5:30-6:30pm	Daily Flow	Classrooms
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
10:45-11:30am	Use it Don't Lose it	Rotation
12:00-1:00pm	Zumba	Rotation
5:00-5:45pm	Step It UP	Lisa
5:30-6:30pm	Power Core Yoga	Micheal
6:00-7:00pm	Power House	Jen

Thursday		
5:45-6:30am	Tabata	Lisa
8:15-9:30am	Tabata	Karen
8:30-9:30am	Restorative Yoga	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	Tai Chi	Matt
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	Rotation
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
10:30-11:45am	Deep Water	Rotation
12:00-1:00pm	Zumba	Rotation
4:30-5:30pm	Boot Camp	Rotation

**Look For Mothers Day Massage Specials**



Saturday		
8:30-9:30am	Weekend Wake UP	Jen
9:45-10:45am	Body Pump	Jen
10:00-11:00am	Flexible Fitness	Rotation
11:45-12:45pm	Tai Chi	Matt

**Memorial Day 2024**

**Fitness Center will be open from 7am-5pm**

**See Special Class Offerings for May 27th**

**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

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**May 16th**  
Fitness Center will Close Early at 2pm for Haywood County Sports Physicals

**MENTAL HEALTH AWARENESS MONTH**

## Group Fitness – Class Descriptions:



The red clock means:

1. Be 10-15 minutes before class starts because you may need equipment.
2. Class has a limited number of participants! First come first serve.
3. During Yoga classes, the door will be closed once the class starts.

**Aqua Fit:** Muscle-conditioning water class alternated with low to moderate aerobic training. GREAT MUSIC, SO MUCH FUN!!!!

**BODY PUMP:** This amazing class is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit.

**Bones & Balance:** A combination of light weight-bearing endurance, balance, and gentle full-body strengthening exercise appropriate for participants with osteoporosis.

**Boot Camp:** A high-energy, high-impact circuit class that alternates cardio and weight training exercises in a circuit format. Participants will perform a wide variety of exercises from running and sprinting, to plyometric jumps and core exercises.

**Booty Blast:** This weight training based class uses a combination of barbell, dumbbells, bodyweight exercises and cardio burst designed to tighten and tone your legs, glutes, and abdominals. Get ready for that booty to burn!

**Deep water:** Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. Water comfort necessary, however, swimming ability is not required.

**Fluid Motion:** Water class for special populations such as those with Arthritis, fibromyalgia, and other conditions. Lots of stretching...

**Flexible Fitness:** A variety of standing, sitting, & floor stretching will be presented. All levels are welcome!

**Flow and TONE:** It's a whole body workout. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges, and sit-ups don't reach. With high-reps and low-impact movements, this class challenges anyone looking to fine-tune their muscles.

**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.

**Honeybees:** One hour kids class (ages 3 months- 8 years) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc.

**Interval Spin+ CORE:** A 30-minute spin class using interval sprints & climbs to burn maximum calories & increase overall metabolism + 30 minutes of CORE workout, using a mat! The perfect class for beginner to seasoned athletes.

**Pilates:** Promotes mobility and strength of all the major muscle groups in the body, while having a focus on deep core muscles

**Power Core Yoga** – This will be a one-hour flow class with focus on upper body and core strength. This one-hour class will provide a full body workout with challenge enough for the advanced practitioner but with modifications offered that will make it accessible to anyone.

**Power House:** This one hour class features plyometrics, endurance drills, and cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!

**Restorative Yoga:** A gentle yoga class, using lots of props and modifications, designed to restore the mind, body and spirit. Ideal for those with chronic or acute injuries or conditions, anyone new to yoga, and anyone with joint or muscle issues. \*\*Appropriate for pre/postnatal women.

**Rise & Ride:** GET FIT with this 45-minute class. Burn calories, build muscle, improve endurance and relive stress!

**Spin plus TRX:** Get the benefits of a 30-minute cycle class and the toning results of a TRX core workout in this fast-paced, ultra-cardio combo! Two different formats in a one-hour class!! This session will start in the Spinning Studio and then move to the Gymnasium.

**Splash:** Utilize water resistance to condition and tone the upper and lower body both simultaneously and isolation with punches, kicks, and jogging drills. Develop cardiovascular endurance while having fun!

**Step it up +:** Get your heart pumping with easy-to follow moves, ending with core and body resistance stretching. Get a full cardio combo in 45 minutes!

**Tai Chi-** This one-hour class will be devoted to providing enough movement to warm up the muscles and connective tissue interspersed with medium-to-long hold stretching. Pranayama (breath work) will be an integral part of this practice.

**Tabata:** This training breaks a workout down into clearly defined intervals - typically, 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest. Eight consecutive work-and-relax cycles go into a 4-minute round. Burn lots of calories with this amazing format!

**Tone it Up:** A great class filled with easy to follow techniques and energizing music to keep you moving for 60 minutes. Tone your body while you have fun!

**Use it DON'T lose it:** A very DYNAMIC 45-minute class! Keep moving with the drumming workout, tone up with the light dumbbell exercises, improve your balance with unique techniques and stretch before you go home. A class that will make you feel HAPPY and ready for your day!

**Water Blast:** Use water's natural resistance to improve cardiovascular fitness & muscle tone. Intervals! We use TABATA techniques to challenge your body!

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

**Yoga:** Yoga is an excellent way to stretch & strengthen the body, focus the mind, and relax the spirit.

**Yoga Daily Flow:** Everyday Yoga for Everyday People. Approachable. Simple. Effective.

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