

Downtown Group Fitness Schedule January 2018



Group Fitness Room

	Time	Class	Instructor
MON	**6:00 am	Muscle Pump	Leah
	8:15 am	Muscle Pump	Lexi
	9:30 am	Ballet Buns	Kim
	10:15 am (KF)	Core Fusion	Danielle
	12:15 pm (KF)	Silver Zumba	Trish
	1:00 pm	Essentrics	Janis
	5:30 pm	BoXcamp	Kim
	6:15 pm	Tabata Pump	Kim
TUES	*8:30 am	Abs Up	Leslie
	9:15 am	T3 Tabata /Torch/ Tone	Lexi
	12:00 pm (KF)	Power Core	Kim
	4:45 pm	Pilates	Amy
	5:30pm (KF)	Zumba	Denise
	6:30 pm	HIIT	Kristofer
WED	**6:00 am	Muscle Pump	Leah
	8:15 am	Muscle Pump	Lexi
	9:15 am	Core Fusion	Samantha
	10:15 am (KF)	Triple Threat	Samantha
	11:15 am	Stretch-n-Roll	Leah
	12:15 pm	Sliver Strength	Leah
	4:15 pm	Power Core	Kerry
	5:00 pm	Box Sculpt	Kim
	5:45 pm	Muscle Pump	Samantha
THURS	*8:30 am	Abs Up	Leslie
	9:15 am	T3 Tabata/Torch/Tone	Lexi
	12:00 pm (KF)	Power Core	Kim
	*4:00 pm	Ballet Buns	Kerry
	4:30 pm	Zumba	Ashleigh
	5:30 pm	Triple Threat	Courtney
FRI	**6:00 am	C.A.R.B.	Tammy
	*8:45 am	Xbox	Kim
	9:15 am (KF)	Power Core	Kim
	10:15 am	Triple Threat	Samantha
	1:00 pm	Essentrics	Janis
SAT	**10:00 am	HIIT	Sam/ Kristofer
SUN	*9:00 am	Express Abs	Leslie

The Yoga class schedule, aqua fitness schedule & descriptions are on the back.

All classes are 45-50 minutes long unless noted.
 *= 30 minutes
 **= 1 hour
 (KF)= Kid friendly classes for ages 12+ with a parent

Spin Room

	Time	Class	Instructor
MON	9:30 am	Spin	Danielle
	*5:00 pm	Fast Lane Spin	Kerry
	**6:00 pm	Spin	Kristofer
TUES	**6:00 am	Spin	JD
	9:00 am	Spin	Leslie
	5:30 pm	Spin	Kristofer
WED	8:30 am	Spin	Kim
	9:30 am	Spin	Lydia
	5:45 pm	HIIT and Run	Kim
THURS	**6:00am	Spin	JD
	9:00 am	Spin	Leslie
	4:45 pm	Spin	Courtney
	**5:30 pm	Spin	Steve/ Heather
FRI	*8:15 am	Fast Lane Spin	Kerry
	*11:00 am	Fast Lane Spin	Samantha
	12:00 pm	Spin	Kristofer
SAT	**8:45 am	Spin	Sam/ Kristofer
	**11:00 am	Spin	Steve
SUN	**9:30 am	Spin	Leslie

Cardio

***XBox:** Cardio boxing drills.

BoXcamp: A fun and effective total body kickboxing workout with bag work, combined with conditioning strength drills.

C.A.R.B.: Cardio, Abs, and Rock Bottoms!

T3 Tabata/Torch/Tone: HIIT format designed to blast every muscle and incinerate fat.

Triple Threat: Total body workout for all strength levels. Class divided into 3 sections (arms/legs/abs).

Full Blast: Intense full-body workout for all fitness levels. Alternating tabata, bootcamp, and cardio pump.

Zumba: Hypnotic Latin rhythms and easy to follow steps/moves.

(S)Silver Zumba: Silver is less intense, and designed for beginners and active older adults.

***Fast lane Spin:** Fast and furious spin class with steep climbs and quick cadences.

Spin: The ultimate ride for your mind and body. YOU control the intensity and let your coach motivate you to climb those hills.

Cycle Tech: Cycling class that simulates an outdoor ride.

Rhythm Ride: Let the rhythm of the beat guide you along this fun ride!

Cardio Sculpt: Cardio workout and chisel (sculpt) with light weights and yoga poses.

Box Sculpt: Cardio box drills combined with light weight exercises.

Strengthening

(S)Power Core: Total strength initializing from the core.

(S)Core Fusion: An uplifting workout that combines cardio, light weight toning, pilates, and yoga.

Muscle Pump: Utilizes weights and suits most fitness needs without cardio to enhance muscle building.

Yoga

(S)Yoga: Ideal for beginners and those seeking a slower paced class with a gentle deep stretch.

(S)Slow Flow Yoga: Gentle flowing sequences and longer holds in postures.

Personal Training

- Do you need to develop a fitness plan?
- Would you like to be held accountable for your health and fitness goals?
- Interested in a full health assessment with BMI, fat percentage and more?
- Would you benefit from nutritional coaching?

Pick up a Personal Training brochure today!

Symbol Key:

(S) : Designed for Silver Program/Beginners
HIIT = High Intensity Interval Training

* = 30 Minutes

** = 1 Hour

ARC Downtown Yoga Classes

Monday:	11:15 am sore backs, and tight hips Yoga w/ SueAnn
Tuesday:	10:45 am Yoga w/Jacci 4:45 pm Pilates w/Amy
Wednesday:	11:15 am Stretch-n-Roll w/ Leah
Thursday:	10:45 am Yoga w/Jacci 6:45 pm Yoga w/Kat
Friday:	11:30 am Yoga w/Jacci
Saturday	11:15 am Yoga w/Jacci

Aqua Fitness-Indoor Pool

Monday:	10:00-11:00 am
Tuesday:	10:00-11:00 am 5:15- 6:00 pm
Wednesday:	10:00-11:00 am
Thursday:	10:00-11:00 am 5:15-6:00 pm
Friday:	5:00-6:00 pm
Saturday:	10:00-10:45 am

Training Boost

Are you ready to ramp up your fitness? Take the next step with our Training Boost program! Challenge yourself with a fun, high-octane, team-like private group training class. These classes do require advanced registration and an added fee. Contact Kim, Ariel, or Lexi to register or get more information.

Kim Boose: (828) 775-4569

Ariel Sanders: (828) 273-8337

Lexi Diyeso: (828) 231-7628

Childcare Hours

Monday-Friday	am: 8:00-1:00
Saturday	am: 8:30-12:30
Monday-Thursday	pm: 4:00-7:30

Club Hours

Monday-Friday	5:00am-9:00pm
Saturday	7:00am-9:00pm
Sunday	7:00am-8:00pm