

Downtown Group Fitness Schedule March 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	8:15 am	Strength & Stability	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	Steve/Lydia
THURS	8:15 am	Strength & Stability	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

<p>Cardio</p> <p>Box Sculpt: Cardio box drills combined w/ light weight exercises.</p> <p>*XBox: Cardio boxing drills.</p> <p>BoXcamp: A fun & effective total body kickboxing workout with bag work, combined with conditioning strength drills.</p> <p>C.A.R.B.: Cardio, Abs, & Rock Bottoms!</p> <p>T3 Tabata/Torch/Tone: HIIT format designed to blast every muscle & incinerate fat.</p> <p>Triple Threat: Total body workout for all strength levels. Class divided into 3 sections (arms/legs/abs).</p> <p>HIIT: Intense full-body workout for all fitness levels. Alternating tabata, circuit, and cardio pump.</p> <p>Zumba: Hypnotic Latin rhythms & easy to follow steps/moves.</p> <p>(S)Silver Zumba: Silver is less intense, and designed for beginners & active older adults.</p> <p>*Fast lane Spin: Fast & furious spin class w/ steep climbs and quick cadences.</p> <p>Spin: The ultimate ride for your mind & body. YOU control the intensity & let your coach motivate you to climb those hills.</p> <p>Cycle Tech: Cycling class that simulates an outdoor ride.</p> <p>Rhythm Ride: Let the rhythm of the beat guide you along this fun ride!</p> <p>Cardio Sculpt: Cardio workout & chisel (sculpt) with light weights and yoga poses.</p>	<p>Strengthening</p> <p>(S)Power Core: Total strength initializing from the core.</p> <p>(S)Core Fusion: An uplifting workout that combines cardio, light weight toning, pilates, and yoga.</p> <p>Muscle Pump: Utilizes weights and suits most fitness needs without cardio to enhance muscle building.</p> <p>Essentrics: A workout designed to rebalance the entire body through simultaneous stretching & Strengthening w/movement. Based on elements of Tai Chi, classical ballet, and physiotherapy. Suitable for all ages and levels!</p> <p>Yoga</p> <p>(S)Yoga: Ideal for beginners and those seeking a slower paced class with a gentle deep stretch.</p> <p>(S)Slow Flow Yoga: Gentle flowing sequences and longer holds in postures.</p> <p>Stretch-n-Roll: A recovery & restorative class with guided stretching, foam rolling, self-massage techniques, and short meditations.</p> <p>Personal Training</p> <ul style="list-style-type: none"> -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? <p>Pick up a Personal Training brochure today!</p>	<p>Symbol Key: (S) : Designed for Silver Program/Beginners HIIT = High Intensity Interval Training</p>	<p>* = 30 Minutes ** = 1 Hour</p>
		<p>ARC Downtown Yoga Classes</p> <p>Monday: 11:15 am sore backs, and tight hips Yoga w/ SueAnn</p> <p>Tuesday: 10:45 am Yoga w/Jacci 4:45 pm Pilates w/Amy</p> <p>Wednesday: 11:15 am Stretch-n-Roll w/ Leah</p> <p>Thursday: 10:45 am Yoga w/Jacci 6:45 pm Yoga w/Kat</p> <p>Friday: 11:30 am Yoga w/Jacci</p> <p>Saturday 11:15 am Yoga w/Jacci</p>	
		<p>Aqua Fitness-Indoor Pool</p> <p>Monday: 10:00-11:00 am</p> <p>Tuesday: 10:00-11:00 am 5:15- 6:00 pm</p> <p>Wednesday: 10:00-11:00 am</p> <p>Thursday: 10:00-11:00 am 5:15-6:00 pm</p> <p>Friday: 5:00-6:00 pm</p> <p>Saturday: 10:00-10:45 am</p>	
		<p>Training Boost</p> <p>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.</p> <p>Kim Boose: (828) 775-4569</p> <p>Ariel Sanders: (828) 273-8337</p> <p>Lexi Diyeso: (828) 231-7628</p>	
		<p>Childcare Hours</p> <p>Monday-Friday am: 8:00-1:00 Saturday am: 8:30-12:30 Monday-Thursday pm: 4:00-7:30</p> <p>Club Hours</p> <p>Monday-Friday 5:00am-9:00pm Saturday 7:00am-9:00pm Sunday 7:00am-8:00pm</p>	