

# South Group Fitness Schedule

## March 2018



### Group Fitness Room

	Time	Class	Instructor
<b>MON</b>	8:15 am (KF)	Core Sculpt	Danielle
	9:15 am	C.A.R.B.	Dana
	10:30 am	BoXcamp	Kim
	6:15 pm	Triple Threat	Steve
<b>TUES</b>	8:15 am	Muscle Pump	Dana
	*9:15am	Core	Kim
	10:30 am	Triple Threat	Danielle
	5:15 pm	Muscle Pump	Amy
<b>WED</b>	8:15 am	Cardio Sculpt	Danielle
	9:15am	T3 Tabata/Torch/Tone	Dana
	10:15 am (KF)	Zumba	Amanda
	5:30 pm	Zumba	Ashleigh
<b>THURS</b>	6:00 am	C.A.R.B.	Trina
	8:15 am	Muscle Pump	Dana
	*9:15 am	Core	Kim
	10:30 am	Triple Threat	Danielle
	6:15 pm	Abs Up	Kim
<b>FRI</b>	8:15 am	Box Sculpt	Danielle
	9:15 am	C.A.R.B.	Dana
	10:15 am (KF)	Hip –Hop	Denise
<b>SAT</b>	*9:00 am	Core	Kim
	9:30 am	Tabata Pump	Kim
<b>SUN</b>	1:00pm	Yoga (Studio)	SueAnn

The Yoga Studio Schedule and class 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
<b>MON</b>	**6:00 am	Cycle Tech	Randy
	10:00 am	Spin	Dana
	5:30 pm	Spin	Lydia
<b>TUES</b>	8:30 am	Spin	Kim
	9:45 am	Spin	Kim
	*6:00 pm	Fast Lane Spin	Amy
<b>WED</b>	**6:00 am	Cycle Tech	Randy
	*9:00 am	Beginner Spin	Danielle
	10:00 am	Rhythm Ride	Dana
<b>THURS</b>	8:30 am	Spin	Kim
	9:45 am	Spin	Kim
	5:30 pm	Spin	Kim
<b>FRI</b>	**6:00 am	Cycle Tech	Randy
	10:00 am	Rhythm Ride	Dana
<b>SAT</b>	*8:30 am	Fast Lane Spin	Kim
	10:15 am	HIIT & Run	Courtney

<p><b>Cardio</b></p> <p><b>BoXcamp:</b> Total body kickboxing workout with bag work combined with conditioning strength drills.</p> <p><b>C.A.R.B.:</b> Cardio, Abs, and Rock Bodies! A total body workout combining cardio and strength work.</p> <p><b>T3 Tabata/Torch/Tone:</b> HIIT format designed to blast every muscle and incinerate fat.</p> <p><b>Zumba:</b> Hypnotic Latin rhythms and easy to follow steps/moves.</p> <p><b>*Fast lane Spin:</b> Fast and furious spin class with steep climbs and quick cadences.</p> <p><b>Spin:</b> The ultimate ride for your mind and body. YOU control the intensity and let your coach motivate you to climb those hills.</p> <p><b>**Cycle Tech:</b> Cycling class that simulates an outdoor ride.</p> <p><b>Rhythm Ride:</b> Ride to the rhythm of the beat!</p> <p><b>Triple Threat:</b> Total body workout for all strength levels. Class divided into 3 sections (arms/legs/abs).</p> <p><b>Tabata:</b> Weight training with Tabata timing.</p> <p><b>Cardio Sculpt:</b> Cardio workout and chisel (sculpt) with light weights and yoga poses.</p> <p><b>Box Sculpt:</b> Cardio Box Drills combined with total body strength exercises.</p>	<p><b>Strengthening</b></p> <p><b>Abs Up:</b> Targeted upper body and ab exercises. Great compliment to a spin class.</p> <p><b>(S)Core Sculpt:</b> Total body strength initializing from the core.</p> <p><b>(S)Core:</b> Various functional movements centered on the bodies core.</p> <p><b>Muscle Pump:</b> Utilizes weights and suits most fitness needs without cardio to enhance muscle building.</p> <p><b>Tabata Pump:</b> Total Body strength exercise to tabata timing.</p> <p><b>Yoga</b></p> <p><b>(S) Yin Yoga:</b> Gentle flowing sequences and longer holds in postures.</p> <p><b>(S) Functional Flexibility:</b> Enhances the bodies ability to move freely, easily, and fluidly.</p> <p><b>(S) Gentle Yoga:</b> A gentle class incorporating range of movement exercises, alignment, strengthening, and relaxation.</p> <p><b>Personal Training</b></p> <ul style="list-style-type: none"> <li>-Do you need to develop a fitness plan?</li> <li>-Would you like to be held accountable for your health and fitness goals?</li> <li>-Interested in a full health assessment with BMI, fat percentage and more?</li> <li>-Would you benefit from nutritional coaching?</li> </ul> <p><b>Pick up a Personal Training brochure today!</b></p>	<p><b>Symbol Key:</b> (S) : Designed for Silver Program/Beginners</p> <p>HIIT = High Intensity Interval Training</p>	<p>* = 30 Minutes</p> <p>** = 1 Hour</p>
<p><b>ARC South Yoga Studio</b></p> <p><b>Monday:</b> 9:00 am Pilates w/Kat 6:30 pm Yoga w/Amanda</p> <p><b>Tuesday:</b> 6:00 am Yoga w/Kris 10:30 am Gentle Yoga w/Lillian 11:40 am Sore Backs, Tight Hips Yoga w/ Lillian *4:00 pm Functional Flex w/Jacci 6:30 pm Yoga w/ Kris</p> <p><b>Wednesday:</b> 8:00 am All Levels Yoga w/Kris 9:15 am Stretch and Roll w/Kris 1:30 pm Gentle Yoga w/Jacci 6:30 pm Yoga w/Steven</p> <p><b>Thursday:</b> 6:00 am Vinyasa Flow w/ Steven 10:45 am Flow Yoga w/ Lillian *4:00 pm Functional Flex w/Jacci</p> <p><b>Friday:</b> 8:30 am Yin Yoga w/Kristine</p> <p><b>Saturday:</b> 9:00 am Yoga w/Jacci</p> <p><b>Sunday:</b> 1:00 pm Flow Yoga w/ SueAnn</p> <p><b>* Specialty Classes:</b> Platinum/Gold Members: Free Silver: \$5, Non-Members: \$15</p>			
<p><b>Training Boost:</b> Private group training classes requiring advanced sign-up, additional costs, and initial session with Kim. <b>Kim Boose: (828) 775-4569</b></p>			
<p><b>TRX Classes with Ariel</b> Friday at 9:15 am 8 classes Member \$99 Non-Member \$179 For more info and to sign up, email Ariel at arielsanders11@gmail.com</p>			
<p><b>Childcare Hours</b> Monday-Friday AM: 8:00 am- 12:30 pm Saturday AM: 8:15 am-12:30 pm Monday-Thursday PM: 4:00 pm- 7:30 pm</p> <p><b>Club Hours</b> Monday-Thursday 5:00 am-9:30 pm Friday 5:00 am-8:00 pm Saturday 7:00 am-8:00 pm Sunday 8:00 am-8:00 pm</p>			