

ARC South Group Fitness April 2018



Group Fitness Room

	Time	Class	Instructor
MON	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
TUES	8:15 am	Muscle Pump	Dana
	*9:15am	Core	Kim
	10:30 am	Triple Threat	Danielle
	5:15 pm	Muscle Pump	Amy
WED	8:15 am	Cardio Sculpt	Danielle
	9:15am	T3 Tabata/Torch/Tone	Dana
	10:15 am (KF)	Zumba	Amanda
	5:30 pm	Zumba	Ashleigh
THURS	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
FRI	8:15 am	Box Sculpt	Danielle
	9:15 am	C.A.R.B.	Dana
	10:15 am (KF)	Hip –Hop	Denise
SAT	*9:00 am	Core	Kim
	9:30 am	Tabata Pump	Kim
SUN	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
MON	**6:00 am	Cycle Tech	Randy
	10:00 am	Spin	Dana
	5:30 pm	Spin	Lydia
TUES	8:30 am	Spin	Kim
	9:45 am	Spin	Kim
	*6:00 pm	Fast Lane Spin	Amy
WED	**6:00 am	Cycle Tech	Randy
	*9:00 am	Beginner Spin	Danielle
	10:00 am	Rhythm Ride	Dana
THURS	8:30 am	Spin	Kim
	9:45 am	Spin	Kim
	5:30 pm	Spin	Kim
FRI	**6:00 am	Cycle Tech	Randy
	10:00 am	Rhythm Ride	Dana
SAT	*8:30 am	Fast Lane Spin	Kim
	10:15 am	HIIT & Run	Courtney

<p>Cardio</p> <p>BoXcamp: Total body kickboxing workout with bag work combined with conditioning strength drills.</p> <p>C.A.R.B.: Cardio, Abs, and Rock Bodies! A total body workout combining cardio and strength work.</p> <p>T3 Tabata/Torch/Tone: HIIT format designed to blast every muscle and incinerate fat.</p> <p>Zumba: Hypnotic Latin rhythms and easy to follow steps/moves.</p> <p>*Fast lane Spin: Fast and furious spin class with steep climbs and quick cadences.</p> <p>Spin: The ultimate ride for your mind and body. YOU control the intensity and let your coach motivate you to climb those hills.</p> <p>**Cycle Tech: Cycling class that simulates an outdoor ride.</p> <p>Rhythm Ride: Ride to the rhythm of the beat!</p> <p>Triple Threat: Total body workout for all strength levels. Class divided into 3 sections (arms/legs/abs).</p> <p>Tabata: Weight training with Tabata timing.</p> <p>Cardio Sculpt: Cardio workout and chisel (sculpt) with light weights and yoga poses.</p> <p>Box Sculpt: Cardio Box Drills combined with total body strength exercises.</p>	<p>Strengthening</p> <p>Abs Up: Targeted upper body and ab exercises. Great compliment to a spin class.</p> <p>(S)Core Sculpt: Total body strength initializing from the core.</p> <p>(S)Core: Various functional movements centered on the bodies core.</p> <p>Muscle Pump: Utilizes weights and suits most fitness needs without cardio to enhance muscle building.</p> <p>Tabata Pump: Total Body strength exercise to tabata timing.</p> <p>Yoga</p> <p>(S) Yin Yoga: Gentle flowing sequences and longer holds in postures.</p> <p>(S) Functional Flexibility: Enhances the bodies ability to move freely, easily, and fluidly.</p> <p>(S) Gentle Yoga: A gentle class incorporating range of movement exercises, alignment, strengthening, and relaxation.</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</p> <p>HIIT = High Intensity Interval Training</p>	<p>* = 30 Minutes</p> <p>** = 1 Hour</p>
<p>ARC South Yoga Studio</p> <p>Monday: 9:00 am Pilates w/Kat 6:30 pm Yoga w/Amanda</p> <p>Tuesday: 6:00 am Yoga w/Sophia 10:30 am Gentle Yoga w/Lillian 11:40 am Sore Backs, Tight Hips Yoga w/ Lillian *4:00 pm Functional Flex w/Jacci 6:45 pm Yoga w/ Ramsey</p> <p>Wednesday: 8:00 am All Levels Yoga w/Sophia 9:15 am Stretch and Roll w/Sophia 1:30 pm Gentle Yoga w/Jacci 6:30 pm Yoga w/Steven</p> <p>Thursday: 6:00 am Vinyasa Flow w/ Steven 10:45 am Flow Yoga w/ Lillian *4:00 pm Functional Flex w/Jacci</p> <p>Friday: 8:30 am Yin Yoga w/Kristine</p> <p>Saturday: 9:00 am Yoga w/Jacci</p> <p>Sunday: 1:00 pm Flow Yoga w/ SueAnn</p> <p>* Specialty Classes: Platinum/Gold Members: Free Silver: \$5, Non-Members: \$15</p>			
<p>Training Boost: Private group training classes requiring advanced sign-up, additional costs, and initial session with Kim. Kim Boose: (828) 775-4569</p>			
<p>TRX Classes with Ariel 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>Childcare Hours 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>Club Hours 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>			