

# Downtown Group Fitness Schedule May 2018

## Group Fitness Room



	Time	Class	Instructor
<b>MON</b>	**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
	11:15 am	Essentrics	Janis
	12:15 pm (KF)	Silver Zumba	Trish
	5:30 pm	BoXcamp	Kim
	6:15 pm	Tabata Pump	Kim
<b>TUES</b>	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
<b>WED</b>	**6:00 am	Muscle Pump	Leah
	8:15 am	Muscle Pump	Lexi
	9:15 am (KF)	Core Fusion	Leah
	10:15 am	Triple Threat	Jessica
	11:15 am	Stretch-n-Roll	Leah
	12:15 pm	Sliver Strength	Leah
	1:00 pm	Essentrics	Janis
	4:15 pm	Power Core	Kerry
	5:00 pm	Box Sculpt	Kim
	5:45 pm	Muscle Pump	Steve/Lydia
<b>THURS</b>	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
<b>FRI</b>	**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	Jessica
	1:00 pm	Essentrics	Janis
<b>SAT</b>	**10:00 am	HIIT	Sam/Kris
<b>SUN</b>	*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
<b>MON</b>	9:30 am	Spin	Danielle
	*5:00 pm	Fast Lane Spin	Kerry
	**6:00 pm	Spin	Kristofer
<b>TUES</b>	**6:00 am	Spin	JD
	9:00 am	Spin	Leslie
	5:30 pm	Spin	Kristofer
<b>WED</b>	8:30 am	Spin	Kim
	9:30 am	Spin	Lydia
	5:45 pm	Spin	Kim
<b>THURS</b>	**6:00am	Spin	JD
	9:00 am	Spin	Leslie
	4:45 pm	Spin	Courtney
	**5:30 pm	Spin	Steve/ Heather
<b>FRI</b>	*8:15 am	Fast Lane Spin	Kerry
	11:00 am	Spin	Lydia
	12:00 pm	Spin	Kristofer
<b>SAT</b>	**8:45 am	Spin	Sam/ Kristofer
	**11:00 am	Spin	Steve
<b>SUN</b>	**9:30 am	Spin	Leslie

<p><b>Cardio</b></p> <p><b>Box Sculpt:</b> Cardio box drills combined w/ light weight exercises.</p> <p><b>*XBox:</b> Cardio boxing drills.</p> <p><b>BoXcamp:</b> A fun &amp; effective total body kickboxing workout with bag work, combined with conditioning strength drills.</p> <p><b>C.A.R.B.:</b> Cardio, Abs, &amp; Rock Bottoms!</p> <p><b>T3 Tabata/Torch/Tone:</b> HIIT format designed to blast every muscle &amp; incinerate fat.</p> <p><b>Triple Threat:</b> Total body workout for all strength levels. Class divided into 3 sections (arms/legs/abs).</p> <p><b>HIIT:</b> Intense full-body workout for all fitness levels. Alternating tabata, circuit, and cardio pump.</p> <p><b>Zumba:</b> Hypnotic Latin rhythms &amp; easy to follow steps/moves.</p> <p><b>(S)Silver Zumba:</b> Silver is less intense, and designed for beginners &amp; active older adults.</p> <p><b>*Fast lane Spin:</b> Fast &amp; furious spin class w/ steep climbs and quick cadences.</p> <p><b>Spin:</b> The ultimate ride for your mind &amp; body. YOU control the intensity &amp; 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> Let the rhythm of the beat guide you along this fun ride!</p> <p><b>Cardio Sculpt:</b> Cardio workout &amp; chisel (sculpt) with light weights and yoga poses.</p>	<p><b>Strengthening</b></p> <p><b>(S)Power Core:</b> Total strength initializing from the core.</p> <p><b>(S)Core Fusion:</b> An uplifting workout that combines cardio, light weight toning, pilates, and yoga.</p> <p><b>Muscle Pump:</b> Utilizes weights and suits most fitness needs without cardio to enhance muscle building.</p> <p><b>Essentrics:</b> A workout designed to rebalance the entire body through simultaneous stretching &amp; Strengthening w/movement. Based on elements of Tai Chi, classical ballet, and physiotherapy. Suitable for all ages and levels!</p> <p><b>Yoga</b></p> <p><b>(S)Yoga:</b> Ideal for beginners and those seeking a slower paced class with a gentle deep stretch.</p> <p><b>(S)Slow Flow Yoga:</b> Gentle flowing sequences and longer holds in postures.</p> <p><b>Stretch-n-Roll:</b> A recovery &amp; restorative class with guided stretching, foam rolling, self-massage techniques, and short meditations.</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  HIIT = High Intensity Interval Training</p>	<p>* = 30 Minutes  ** = 1 Hour</p>
		<p><b>ARC Downtown Yoga Classes</b></p> <p><b>Monday:</b> 1:00 pm sore back and tight hips Yoga w/SueAnn</p> <p><b>Tuesday:</b> 10:45 am Yoga w/Jacci  4:45 pm Pilates w/Amy  5:30 pm Yoga w/Sophia  (Located in training room in lobby)</p> <p><b>Wednesday:</b> 11:15 am Stretch-n-Roll w/ Leah</p> <p><b>Thursday:</b> 10:45 am Yoga w/Jacci  5:30 pm Yoga w/Sophia  (Located in training room in lobby)</p> <p><b>Friday:</b> 11:30 am Yoga w/Jacci</p> <p><b>Saturday:</b> 11:15 am Yoga w/Jacci</p>	
		<p><b>Aqua Fitness-Indoor Pool</b></p> <p><b>Monday:</b> 10:00-11:00 am</p> <p><b>Tuesday:</b> 10:00-11:00 am  5:15- 6:00 pm</p> <p><b>Wednesday:</b> 10:00-11:00 am</p> <p><b>Thursday:</b> 10:00-11:00 am  5:15-6:00 pm</p> <p><b>Friday:</b> 5:00-6:00 pm</p> <p><b>Saturday:</b> 10:00-10:45 am</p>	
		<p><b>Training Boost</b></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><b>Kim Boose: (828) 775-4569</b></p> <p><b>Ariel Sanders: (828) 273-8337</b></p> <p><b>Lexi Diyeso: (828) 231-7628</b></p>	
		<p><b>Childcare Hours</b></p> <p>Monday-Friday am: 8:00-1:00  Saturday am: 8:30-12:30  Monday-Thursday pm: 4:00-7:30</p> <p><b>Club Hours</b></p> <p>Monday-Friday 5:00am-9:00pm  Saturday 7:00am-9:00pm  Sunday 7:00am-8:00pm</p>	