

ARC South Group Fitness July 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 | 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 |

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| <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/Kimber 6:30 pm Yoga w/Amanda</p> <p>Tuesday: 6:00 am Yoga w/Sophia 10:30 am Gentle Yoga w/Lillian *4:00 pm Functional Flex w/Jacci</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/ Stephanie 11:45 am Restorative Yoga w/SueAnn *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> | | | |