

## MONDAY

8:00a - 12:00p	Circuit Training Lesson	Tony
8:30a - 9:15a	Ballet Buns	Kim
9:30 - 10:15a	Muscle Pump	Leah
1:00p - 1:45p	Essentrics	Janis
5:00p - 8:00p	Circuit Training Lesson	Tony
5:15p - 6:15p	Spin	Kristofer
6:30p - 7:30p	HIIT	Kristofer

## TUESDAY

6:00a - 7:00a	Spin	JD
8:00a - 12:00p	Circuit Training Lesson	Kenneth
8:15a - 9:15a	Tabata	Lexi
10:30a - 11:15a	Spin	Leslie
11:15a - 12:00	Powercore	Kim
1:15p - 2:15p	Yoga	Sophia
5:00p - 8:00p	Circuit Training Lesson	Kenneth
5:30p - 6:30p	Tabata	Jessica

## WEDNESDAY

8:00a - 12:00p	Circuit Training Lesson	Tony
8:30a - 9:15a	Core Fusion	Kim
9:30 - 10:15a	Muscle Pump	Leah
11:45p - 12:30p	Senior HIIT	Leah
1:00p - 1:45p	Essentrics	Janis
5:00p - 8:00p	Circuit Training Lesson	Tony
5:15p - 6:00p	Boxcamp	Kim
6:15p - 7:00p	Yoga	Mike

## THURSDAY

6:00a - 7:00a	Spin	JD
8:00a - 12:00p	Circuit Training Lesson	Kenneth
8:15a - 9:15a	Tabata	Lexi
10:30a - 11:15a	Spin	Leslie
11:15a - 12:00	Powercore	Kim
1:15p - 2:15p	Yoga	Jacci
5:00p - 8:00p	Circuit Training Lesson	Kenneth
5:30p - 6:15p	Zumba	Amanda/Denise(GF)

## FRIDAY

8:00a - 12:00p	Circuit Training Lesson	Tony
8:30a - 9:15a	Boxcut	Kim
10:30a - 11:15a	Zumba	Amanda/Denise(GF)
1:00p - 1:45p	Essentrics	Janis
5:00p - 8:00p	Circuit Training Lesson	Tony

## SATURDAY

8:00a - 12:00p	Circuit Training Lesson	Tony
8:30a - 9:30a	Spin	Kristofer
10:00a - 11:00a	HIIT	Kristofer

## SUNDAY

9:00a - 9:30a	Abs & Arms	Leslie
9:30a - 10:15a	Spin	Leslie

# Asheville Racquet Club GROUP FITNESS

Abs & Arms: Targeted upper body and ab exercises. Great compliment to a spin class.

Powercore/Core Fusion: Total strength initializing from the core.

HIIT: Tabata format designed to blast every muscle and incinerate fat using tabata timing.

Kickboxing: Cardio box drills combined with light weight exercises.

CARB: Total body workout for all strength levels. Class divided into three sections: arms, legs, abs.

Cardio Drills: A total body workout combining cardio and strength work.

Tabata: Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes

Circuit Training Lesson : Drop in and get help from one of our Fitness Floor Supervisors with a supervised progressive full body circuit training.