

MONDAY

6:00a—7:00s	Spin	Randy
8:00a - 12:00p	Circuit Training Lesson	Kenneth
8:15a - 9:00a	CARB	Dana
9:30a - 10:15a	Tabata	Danielle
11:00a - 11:45a	Ballet Buns	Kim
4:00p - 7:00p	Circuit Training Lesson	Kenneth
6:00p - 7:00p	Yoga	Bren

TUESDAY

8:00a - 12:00p	Circuit Training Lesson	Tony
8:30a - 9:15a	Spin	Kim
9:25a - 10:10a	Abs & Arms	Kim
10:30a - 11:15a	ZUMBA	Denise / Amanda
4:00p - 7:00p	Circuit Training Lesson	Tony
5:30p - 6:15p	Spin	Kim

WEDNESDAY

6:00a - 7:00a	Spin	Randy
8:00a - 12:00p	Circuit Training Lesson	Kenneth
8:15a - 9:00a	Spin	Dana
9:30a - 10:15a	Kickboxing	Danielle
11:00a - 11:45a	Muscle Pump	Kim
4:00p - 7:00p	Circuit Training Lesson	Kenneth
4:30p-6:30p	Training Grounds	Soccer Field

THURSDAY

8:00a - 12:00p	Circuit Training Lesson	Tony
8:30a - 9:15a	Spin	Kim
9:25a - 10: 10p	Abs & Arms	Kim
10:30 - 11:15p	Zumba	Denise/Amanda
11:30a - 12:30a	Yoga	Sophia (yoga studio)
4:00p - 7:00p	Circuit Training Lesson	Tony

FRIDAY

8:00a - 12:00p	Circuit Training Lesson	Kenneth
8:15a - 9:00a	Tabata	Dana
9:30a - 10:15a	Cardio Drills	Danielle
11:00a - 11:45a	Spin	Danielle/Kim
4:00p - 7:00p	Circuit Training Lesson	Kenneth

SATURDAY

8:15a - 9:00a	Awakening/Stretch Yoga	Bren
8:30a-10:30a	Training Grounds	Soccer Field
9:00a - 9:45a	Spin	alternating instructors
9:45a - 10:30a	Core	alternating instructors

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.