

## MONDAY

8:00a - 12:00p	Fitness Floor Supervisor Hours	Matt & Ryan
8:30a - 9:15a	Ballet Buns	Kim
9:15a- 10:00a	Spin	Becky
10:30a- 11:30a	Yoga	Eliza
4:00p - 7:00p	Fitness Floor Supervisor Hours	Matt
5:15p - 6:00p	Spin	Kristofer
6:15p - 7:00p	HIIT	Kristofer

## TUESDAY

6:00a - 7:00a	Spin	JD
8:00a - 12:00p	Fitness Floor Supervisor Hours	Odis & Ryan
8:15a - 9:15a	Tabata	Lexi
10:15a - 11:00a	Muscle Pump	Cynthia
11:15a - 12:00p	Powercore	Kim
1:15p - 2:15p	Yoga	Rose
4:00p - 7:00p	Fitness Floor Supervisor Hours	Odis
5:30p - 6:15p	Tabata	Jessica

## WEDNESDAY

8:00a - 12:00p	Fitness Floor Supervisor Hours	Matt & Ryan
8:30a - 9:15a	Core Fusion	Kim
9:15a- 10:00a	Spin	Becky
1:00p - 2:00p	Essentrics	Janis
4:00p - 7:00p	Fitness Floor Supervisor Hours	Matt
5:15p - 6:00p	Boxcamp	Kim
6:15p - 7:00p	Yoga	Mike

## THURSDAY

6:00a - 7:00a	Spin	JD
8:00a - 12:00p	Fitness Floor Supervisor Hours	Odis & Ryan
8:15a - 9:15a	Tabata	Lexi
10:15a - 11:00a	Muscle Pump	Cynthia/ Leslie
11:15a - 12:00p	Powercore	Kim
1:15p - 2:15p	Yoga	Jacci
4:00p - 7:00p	Fitness Floor Supervisor Hours	Odis
5:30p - 6:15p	Cardio Dance	Amanda/Denise(GF)

## FRIDAY

8:00a - 12:00p	Fitness Floor Supervisor Hours	Matt & Ryan
8:30a - 9:15a	Boxcut	Kim
9:15a- 10:00a	Spin	Samantha
9:30a- 10:15a	Yoga	Mike
10:30a - 11:15a	Cardio Dance	Amanda/Denise(GF)
11:30a- 12:15a	Silver Strength	Matt
4:00p - 7:00p	Fitness Floor Supervisor Hours	Matt

## SATURDAY

8:00a - 12:00p	Fitness Floor Supervisor	Odis
8:30a - 9:30a	Spin	Kristofer
9:45a- 10:45a	HIIT	Kristofer
11:15a - 12:15a	Yoga	Rose

## SUNDAY

9:00a - 9:45a	Spin	Leslie
9:45a- 10:30a	Abs & Arms	Leslie

Asheville Racquet Club

# September GROUP FITNESS

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

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

**Cardio Dance:** This exhilarating cardio class uses music with easy-to-follow moves combining fast and slow rhythms (interval training) to tone and sculpt your body while burning fat.

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

**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.

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

**Fitness Floor Supervisor Hours:** Drop in and get help from one of our Fitness Floor Supervisors with a supervised progressive full body circuit training.