

MONDAY

6:00a - 7:00a	Spin	Randy
8:00a - 12:00p	Fitness Floor Supervisor Hours	Odis
8:30a - 9:15a	CARB	Dana
10:00a - 10:45a	Spin	Danielle
11:00a - 11:45a	Ballet Buns	Kim
3:00p - 6:00p	Fitness Floor Supervisor Hours	Odis
5:30p - 6:30p	Yoga	Laura
5:30p - 6:15p	Muscle Pump	Heather

TUESDAY

8:00a - 12:00p	Fitness Floor Supervisor Hours	Matt
8:30a - 9:15a	Spin	Kim
9:25a - 10:10a	Abs & Arms	Kim
10:30a - 11:15a	Cardio Dance	Denise / Amanda
3:00p - 6:00p	Fitness Floor Supervisor Hours	Matt
5:30p - 6:15p	Spin	Kim

WEDNESDAY

6:00a - 7:00a	Spin	Randy
8:00a - 12:00p	Fitness Floor Supervisor Hours	Odis
8:30a - 9:15a	Spin	Dana
10:00a - 10:45a	Kickboxing	Danielle
10:15a - 11:00a	Stretch/Core Fusion	Denise
11:00a - 11:45a	Muscle Pump	Kim
3:00p - 6:00p	Fitness Floor Supervisor Hours	Odis
5:30p - 6:00p	Yoga	Emmalee

THURSDAY

8:00a - 12:00p	Fitness Floor Supervisor Hours	Matt
8:30a - 9:15a	Spin	Kim
9:25a - 10:10p	Abs & Arms	Kim
10:30a - 11:15a	Cardio Dance	Denise/Amanda
11:30a - 12:30a	Yoga	Sophia (yoga studio)
3:00p - 6:00p	Fitness Floor Supervisor Hours	Matt
5:30p - 6:15p	Spin	Heather W.

FRIDAY

8:00a - 12:00p	Fitness Floor Supervisor Hours	Odis
8:30a - 9:15a	Tabata	Dana
10:00a - 10:45a	Cardio Drills	Danielle
11:00a - 11:45a	Spin	Kim
3:00p - 6:00p	Fitness Floor Supervisor Hours	Odis

SATURDAY

8:00a - 12:00a	Fitness Floor Supervisor Hours	Matt
8:00a - 9:00a	Yoga	Laura
8:30a-10:30a	Training Grounds	Fitness Floor
9:00a - 9:45a	Spin	alternating instructors
9:45a - 10:30a	Core	alternating instructors

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.

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.

Yoga & Stretch/Core Fusion: These classes are held in the yoga studio upstairs.