



Aerobics Schedule

232 Boone Heights Drive
Boone, NC 28607
828-266-1060

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
5:45					Class Locations by Color						
6:00	Cycling	RowFit	Cycling	Yoga	RowFit	Indoor Cycling Studio					
6:15							Classroom 1				
6:45								Multipurpose Gym			
8:00								Main Aerobics Floor			
8:15	KickBoxing										
8:30				Kick Boxing	Cycling	Cardio Sculpt					
8:45											
9:00											
9:15	Cycling	Zumba	Cycling	Body Challenge	Cycling	Yoga					
9:30	Body Challenge		Body Challenge		Body Challenge	Body Challenge	Cycling				
9:45											
10:00											
10:15											
10:30	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga					
10:45											
11:00							Stretch N Flex	Silver Sneakers	Stretch N Flex	Silver Sneakers	Stretch N Flex
11:15											
11:30											
11:45											
12:00		RowFit		RowFit							
12:15	Cycling	QuickFit	Cycling	QuickFit	Cycling						
12:30											
1:00											
4:15	Triple Threat	PostNatal	Triple Threat	PostNatal	Zumba						
4:30				Cycling							
5:00											
5:15											
5:30	Cycling	Yoga	Zumba	Body Challenge	Zumba	Yoga					
6:30				Cycling	Body Challenge						

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BODY CHALLENGE: This class will work each body part for one hour. In that hour you will challenge your body through endurance and strength training.

POSTNATAL FITNESS - This class is offered free to new moms of babies from 6 weeks to 6 months of age. The content includes both cardio and weight training to help you regain your strength and replenish yourself for the demanding role of motherhood. Bring your baby with you and enjoy some mommy time! Physicians referral required.

ROWFIT: RowFit is a unique class combining indoor rowing, running and other strengthening exercises. This class does cost extra.

QUICKFIT: A high intensity conditioning class that delivers maximum results in minimum time. QuickFit workouts involve working your way through a series of 60 second stations.

Cycling (SPINNING): A smooth, safe cycling workout welcoming participants of all fitness levels. Experience the reality of the mind/body connection that is the core of obtaining complete fitness and health. Please arrive 10 minutes early for your first class to learn proper bike set-up and basic spinning techniques. Participants and instructors can safely modify any class to the fit any fitness level. If you are new to class we encourage you to arrive early, introduce yourself, and discuss any class modifications with your instructor.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities of daily living. Hand-held weights, elastic tubing with handles, and a silver sneakers ball are offer for resistance. A chair is available if needed for seated or standing support.

STRETCH AND FLEX: A 45-minute class incorporating basic resistance and stretching exercises. Perfect for the senior citizen or for the beginning exerciser.

Cardio/Sculpt: Condition and sculpt your entire body combining cardiovascular movement with strength and resistance training. This class is designed to provide a full body weight training workout while keeping your heart rate pumping. Moderate to high intensity but all levels welcome.

TRIPLE THREAT: 20 Minutes-devoted to toning all major muscle groups, while improving muscle strength and definition, we will incorporate a variety of equipment. 15 Minutes-Of intense core exercises.

YOGA: Yoga, the most ancient physical discipline in existence today. Through regular overall sense of health and well-being. . All instructors teach differently and each class can be modified to any fitness level.

Zumba® Fitness: fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout that will blow you away.

*Please see our Aquatics Schedule for a complete list of classes in the pool.

*Schedule is subject to change.



**PAUL H. BROYHILL
WELLNESS CENTER**