



# Aerobics Schedule

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

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:45		RowFit		RowFit	<b>Class Locations by Color</b> Indoor Cycling Studio Classroom 1 Multipurpose Gym Main Aerobics Floor				
6:00	Cycling		Cycling	Yoga					
6:15									
6:45									
8:00									
8:15	KickBoxing			Kick Boxing	Cardio Sculpt				
8:30									
8:45									
9:00									
9:15	Cycling	Body Challenge	Zumba	Cycling	Body Challenge	Yoga			
9:30						Cycling			
9:45						Zumba			
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		<b>The following classes require sign-ups.</b>  <b>Body Challenge</b> <b>Kickboxing</b> <b>RowFit</b> <b>Cycling</b> <b>Yoga</b> <b>Sign-up 2 days in advance.</b>			
12:15	Cycling	QuickFit	Cycling	QuickFit	Cycling				
12:30									
1:00									
4:15		PostNatal		PostNatal	Zumba				
4:30	Triple Threat	Cycling	Triple Threat						
5:00									
5:15									
5:30	Cycling	Yoga	Zumba	Body Challenge	Zumba		Yoga	Cycling	Body Challenge
6:30									

# Class Descriptions

**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.

**CROSSFIT:** With constantly varied, high-intensity functional movements, CrossFit is a training philosophy that coaches people of all shapes and sizes to improve their physical well-being and cardiovascular fitness in a hardcore yet accepting and encouraging environment.

**PRENATAL AQUATICS:** This class is offered free to pregnant women, members and non-members with a physician's referral. The content emphasizes maintaining cardiovascular and muscular fitness throughout pregnancy to improve circulation, digestion, posture, flexibility, increase energy and endurance as well as improve muscle tone to support joints, the lower back and the muscles of the pelvic floor. Bring your swimwear and a bottle of water and join in the fun!

**POSTNATAL FITNESS** - This class is offered free to new mom's 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 mom-time! Physicians referral required.

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

**ROWFIT:** RowFit is a unique class combining indoor rowing, running and other strengthening exercises. The short, but intense class will challenge both mind and body.

**REVOLUTION (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.

**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 offered 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.

**TRIPLE THREAT**-10 Minutes of blasting fat and strengthening your entire body with a workout fitness experts have been raving about. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times without pause. 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.

**LOW IMPACT WATER FITNESS:** This class is offered for people with challenged joints and goals to increase their fitness levels. This is a whole body program with deep water options, strengthening, and whole body range of motion moves.

**WATER FITNESS:** This is hi-lo impact class in the lap pool (may be in deep water or in the shallow area). Instructors may use kickboards, weights, and noodles for a fun and exciting water based fitness class.

**YOGA:** Yoga, the most ancient physical discipline in existence today. Through regular practice of yoga postures and breathing techniques, you may experience increased flexibility and strength, relief of physical and mental tension, enhanced functioning of all the body systems, and an overall sense of health and well-being.

**Zumba® Fitness:** Fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.