



Broyhill Wellness Center Fitness Class Schedule

| Monday | |
|---------------|--------------------------------|
| 6:00a-6:45a | Cycling* Indoor Cycling Studio |
| 8:15a-9:15a | Kickboxing* Classroom 2 |
| 9:15a -10:00a | Cycling* Indoor Cycling Studio |
| 9:30a-10:30a | Body Challenge* Gym |
| 10:30a-11:30a | Yoga* Classroom 1 |
| 11:00a-11:45a | Stretch-N-Flex Aerobics Floor |
| 12:15p-1:00p | Cycling* Indoor Cycling Studio |
| 4:30p-5:00p | Triple Threat Aerobics Floor |
| 5:00p-5:30p | CX Works Aerobics Floor |
| 5:30p-6:15p | Cycling* Indoor Cycling Studio |
| 5:30p-6:30p | Yoga* Classroom 1 |
| 5:30p-6:30p | Zumba Aerobics Floor |

| Tuesday | |
|----------------|-----------------------------------|
| 9:15a-10:15a | Zumba Aerobics Floor |
| 9:00a - 10:00a | Spin/Sculpt Indoor Cycling Studio |
| 10:15a-10:45a | CX Works Aerobics Floor |
| 10:30a-11:30a | Yoga* Classroom 1 |
| 11:00a-11:45a | Silver Sneakers Aerobics Floor |
| 12:00p-12:30p | CX Works Aerobics Floor |
| 12:00p-12:30p | RowFit* Gym |
| 12:15p - 1:15p | Chair Yoga* Classroom 2 |
| 12:30p-1:00p | QuickFit Gym |
| 4:00p - 5:00p | Pre/Postnatal Fitness Classroom 1 |
| 4:30p-5:15p | Cycling* Indoor Cycling Studio |
| 5:30p-6:30p | Body Challenge Aerobics Floor |
| 6:30p-7:30p | Beginners Yoga* Classroom 1 |

| Wednesday | |
|---------------|--------------------------------|
| 6:00a-6:45a | Cycling* Indoor Cycling Studio |
| 9:15a-10:00a | Cycling* Indoor Cycling Studio |
| 9:30a -10:30a | Body Challenge* Gym |
| 10:00a-11:00a | Chair Yoga* Classroom 2 |
| 10:30a-11:30a | Yoga* Classroom 1 |
| 11:00a-11:45a | Stretch-N-Flex Aerobics Floor |
| 12:15p-1:00p | Cycling* Indoor Cycling Studio |
| 4:30p-5:00p | Triple Threat Aerobics Floor |
| 5:00p-5:30p | CX Works Aerobics Floor |
| 5:30p-6:15p | Cycling* Indoor Cycling Studio |
| 5:30p-6:30p | Yoga* Classroom 1 |
| 5:30p-6:30p | Zumba Aerobics Floor |

| Thursday | |
|---------------|-----------------------------------|
| 8:15a-9:15a | Kickboxing* Classroom 2 |
| 9:00a -10:00a | CardioSculpt Aerobics Floor |
| 9:15a-10:00a | Cycling* Indoor Cycling Studio |
| 10:15a-10:45a | CX Works Aerobics Floor |
| 10:30a-11:30a | Yoga* Classroom 1 |
| 11:00a-11:45a | Silver Sneakers Aerobics Floor |
| 12:00p-12:30p | CX Works Aerobics Floor |
| 12:00p-12:30p | RowFit* Gym |
| 12:30p-1:00p | QuickFit Gym |
| 4:00p - 5:00p | Pre/Postnatal Fitness Classroom 1 |
| 4:15p-5:15p | Zumba Aerobics Floor |
| 5:30p-6:30p | Beginners Yoga* Classroom 1 |
| 5:30p-6:15p | Cycling* Indoor Cycling Studio |
| 5:30p-6:30p | Body Challenge Aerobics Floor |
| 6:30p-7:30p | Beginners Yoga* Classroom 1 |

| Friday | |
|---------------|--------------------------------|
| 6:00a-6:45a | Cycling* Indoor Cycling Studio |
| 9:15a -10:00a | Cycling* Indoor Cycling Studio |
| 9:30a -10:30a | Body Challenge* Gym |
| 10:30a-11:30a | Beginners Yoga* Classroom 2 |
| 10:30a-11:30a | Yoga* Classroom 1 |
| 11:00a-11:45a | Stretch-N-Flex Aerobics Floor |
| 12:00p-1:00p | Tai Chi* Classroom 1 |
| 12:15p-1:00p | Cycling* Indoor Cycling Studio |

| Sunday | |
|-------------|--------------------------------|
| 2:00p-2:45p | Cycling* Indoor Cycling Studio |
| 3:15-4:15p | Yoga for Athletes Classroom 1 |

| Saturday | |
|---------------|--------------------------------|
| 9:00a-10:00a | Yoga* Classroom 1 |
| 9:15a-10:00a | Cycling* Indoor Cycling Studio |
| 9:15a-10:00a | Zumba Aerobics Floor |
| 10:30a-11:30a | Yoga* Classroom 1 |

*These classes require sign-up. Reserve your spot at the front desk, through our app, or online up to two days in advance.

**Check our website or Facebook page for daily changes to our class schedule.