

Aerobics Schedule

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

TIME		Monday	Tuesday		Wednesday		Thursday		Friday			Saturday				
5:45			RowFit				RowFit		Class Locations by Color							
6:00			KowFit				Yoga	Kowfit		Indoor Cycling Studio						
6:15		Cycling				Cycling					Classroom 1					
6:45											Classroom 2					
8:00									Main Aerobics Floor							
8:15									Multipurpose Gym							
8:30	K	CickBoxing						Kick Cardio Boxing Sculpt								
8:45																
9:00																
9:15		Body		Zumba			Cycling			Body		Yoga				
9:30	Cycling					Body			Cycling			Cycling				
9:45		Challenge			Challen				Challenge		allenge	Zumb				
10:00																
10:15																
10:30			-									Beginner's				
10:45	Yoga		Yoga		Yoga		Yoga			Yoga		Yoga		Yoga		
11:00 11:15		Stretch				Stretch N Flex		Silver Sneakers			Stretch					
11:15		N		Silver Sneakers							N					
11:45		Flex	-			_					Flex					
12:00					_											
12:15				RowFit		Cycling		RowFit					The following classes			
12:30		Cycling		QuickFit				QuickFit			Cycling	g	require sign-ups. Body Challenge			
1:00																
4:15																
4:30			D ON	PostNatal Cycling		Triple Threat		al Zun	ıba				- Kickboxing RowFit			
5:00	Tr	iple Threat	PostN										Cycling			
5:15														Yoga		
5:30	Cycling Voga 7, who		Dod	Pody Challange		Zumba Voga		Cycling Body						-up 2 d		
6:00	Cycling	Yoga Zumba	D00	Body Challenge		Zumba Yoga		Cycling Challenge					in	advanc	e.	
6:30			Beg	Beginner's Yoga				Beginner's Yoga								

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 strengthtraining.

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 mommy 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 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.

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 function-ing 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 slowrhythms and resistance training are combined to tone and sculpt your body while burning fat.