



Aerobics Schedule

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

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:45		RowFit		Yoga	RowFit	Class Locations by Color Indoor Cycling Studio Classroom 1 Classroom 2 Main Aerobics Floor Multipurpose Gym			
6:00	Cycling		Cycling						
6:15									
6:45									
8:00									
8:15	KickBoxing			Kick Boxing	Cardio Sculpt				
8:30									
8:45									
9:00									
9:15	Cycling	Zumba	Cycling	Cycling	Cycling	Body Challenge	Yoga	Cycling	Zumba
9:30	Body Challenge		Body Challenge				Body Challenge	Body Challenge	Body Challenge
9:45									
10:00									
10:15									
10:30	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Beginner's Yoga	Yoga	
10:45									
11:00									
11:15									
11:30									
11:45									
12:00		RowFit		RowFit		The following classes require sign-ups. Body Challenge Kickboxing RowFit Cycling Yoga Sign-up 2 days in advance.			
12:15	Cycling	CXWORKS	Cycling	CXWORKS	Cycling				
12:30									
1:00		QuickFit		QuickFit			QuickFit		
4:15									
4:30	Triple Threat	Post-Natal	Triple Threat	PostNatal	Zumba				
5:00	CXWORKS	Cycling	CXWORKS						
5:15									
5:30	Cycling	Yoga	Zumba	Body Challenge	Zumba	Yoga	Cycling	Body Challenge	
6:00									
6:30		Beginner's Yoga		Beginner's Yoga					

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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.

CXWORKS: Build your core strength and tone your abs, butt and legs with CXWorks, a 30 minute workout focused on your core.

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

*Schedule is subject to change.



**PAUL H. BROYHILL
WELLNESS CENTER**