

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00am Cycling*</b> Cycling Studio	<b>9:00am Cycle &amp; Sculpt*</b> Cycling Studio	<b>6:00am Cycling*</b> Cycling Studio	<b>8:15am Kickboxing*</b> Classroom 2	<b>6:00am Cycling*</b> Cycling Studio	<b>9:00am Yoga 1*</b> Classroom 1	<b>2:00pm Cycling*</b> Cycling Studio
<b>8:15am Kickboxing*</b> Classroom 2	<b>9:15am Zumba</b> Main Aerobics Floor	<b>9:15am Cycling*</b> Cycling Studio	<b>9:00am CardioSculpt</b> Main Aerobics Floor	<b>8:00am Yoga 2*</b> Classroom 1	<b>9:15am Cycling*</b> Cycling Studio	
<b>9:15am Yoga 2*</b> Classroom 1	<b>9:15am Water Fitness</b> Lap Pool	<b>9:30am Body Challenge</b> Multipurpose gym	<b>9:15am Cycling*</b> Cycling Studio	<b>9:15am Cycling*</b> Cycling Studio	<b>9:15am Zumba</b> Main Aerobics Floor	
<b>9:15am Cycling*</b> Cycling Studio	<b>10:00am Low Impact Aqua</b> Lap Pool	<b>10:00am Chair Yoga*</b> Classroom 2	<b>9:15am Water Fitness</b> Lap Pool	<b>9:30am Body Challenge</b> Multipurpose gym	<b>10:30am Yoga 3*</b> Classroom 2	
<b>9:30am Body Challenge</b> Multipurpose gym	<b>10:15am Abs</b> Main Aerobics Floor	<b>10:30am Yoga 2*</b> Classroom 1	<b>10:00am Low Impact Aqua</b> Lap Pool	<b>10:30am Yoga 1*</b> Classroom 2	<b>10:30am Water Fitness</b> Lap Pool	
<b>10:30am Yoga 2*</b> Classroom 1	<b>10:30am Yoga 2*</b> Classroom 1	<b>11:00am Aqua Arthritis*</b> Therapy Pool	<b>10:15am Abs</b> Main Aerobics Floor	<b>10:30am Yoga 2*</b> Classroom 1		
<b>11:00am Aqua Arthritis*</b> Therapy Pool	<b>11:00am Aqua Arthritis*</b> Therapy Pool	<b>11:00am Stretch-N-Flex</b> Main Aerobics Floor	<b>10:30am Yoga 2*</b> Classroom 1	<b>11:00am Aqua Arthritis*</b> Therapy Pool		
<b>11:00am Stretch-N-Flex</b> Main Aerobics Floor	<b>11:00am Silver Sneakers</b> Main Aerobics Floor	<b>11:15am Cycling</b> Cycling Studio	<b>11:00am Aqua Arthritis*</b> Therapy Pool	<b>11:00am Stretch-N-Flex</b> Main Aerobics Floor		
<b>12:00pm Stretch-N-Flex</b> Main Aerobics Floor	<b>11:15am Cycling*</b> Cycling Studio	<b>12:00pm Stretch-N-Flex</b> Main Aerobics Floor	<b>11:00am Silver Sneakers</b> Main Aerobics Floor	<b>12:00pm Stretch-N-Flex</b> Main Aerobics Floor		
<b>12:15am Cycling</b> Cycling Studio	<b>12:00pm RowFit*</b> Multipurpose Gym	<b>12:15am Cycling</b> Cycling Studio	<b>11:15am Cycling*</b> Cycling Studio	<b>12:15am Cycling</b> Cycling Studio		
<b>3:00pm Aqua Arthritis*</b> Therapy Pool	<b>12:15pm Chair Yoga*</b> Classroom 2	<b>3:00pm Aqua Arthritis*</b> Therapy Pool	<b>12:00pm RowFit*</b> Multipurpose Gym	<b>3:00pm Aqua Arthritis*</b> Therapy Pool		
<b>4:30pm Triple Threat</b> Main Aerobics Floor	<b>12:30pm QuickFit</b> Multipurpose Gym	<b>4:30pm Triple Threat</b> Main Aerobics Floor	<b>12:30pm QuickFit</b> Multipurpose Gym	<b>4:00pm Restorative Yoga*</b> Classroom 1		
<b>5:30am Yoga 2*</b> Classroom 1	<b>1:00pm Aqua Arthritis*</b> Therapy Pool	<b>5:30am Yoga 2*</b> Classroom 1	<b>1:00pm Aqua Arthritis*</b> Therapy Pool			
<b>5:30pm Zumba</b> Main Aerobics Floor	<b>4:30pm Cycling*</b> Cycling Studio	<b>5:30pm Zumba</b> Main Aerobics Floor	<b>4:15pm Zumba</b> Main Aerobics Floor			
<b>5:30pm Cycling</b> Cycling Studio	<b>5:30am Body Challenge</b> Main Aerobics Floor	<b>5:30pm Cycling</b> Cycling Studio	<b>5:30pm Cycling*</b> Cycling Studio			
<b>5:30pm Water Fitness</b> Lap Pool	<b>5:30pm Yoga 1*</b> Classroom 1	<b>5:30pm Water Fitness</b> Lap Pool	<b>5:30am Body Challenge</b> Main Aerobics Floor			
	<b>6:00pm Prenatal Fitness</b> Classroom 2		<b>5:30pm Yoga 1*</b> Classroom 1			
			<b>6:45pm Yoga 3*</b> Classroom 1			



**PAUL H. BROYHILL  
WELLNESS CENTER**

**Spring 2019 Group Exercise Schedule**

\* Indicates that a sign-up is required for the class. Sign-up for those classes with our app.

Sign-Up for classes no more than 2 days in advance.

Classes and instructors are subject to change.

Call 828.266.1060 for more info  
Or visit  
[www.wellness.apprhs.org](http://www.wellness.apprhs.org)

# 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.

**PRENATAL FITNESS:** 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.

**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.

**INDOOR CYCLING:** 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

**CARDIOSCULPT:** This class will combine cardiovascular conditioning, strength training and toning in a fast paced class.

**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.

**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.

**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.

**CYCLE AND SCULPT:** This class will combine indoor cycling and strength training movements done off the bike.

**CHAIR YOGA:** A beginner style yoga class where participants use a chair for support.

## Yoga Descriptions

Yoga 1 Beginner or Gentle	Yoga 2 Intermediate	Yoga 3 Advanced
<p>A level 1 class will be introductory or beginners class. Instructors will explain thoroughly how to get in and out of each pose and the proper alignment for each pose. Level 1 classes will move more slowly than a higher level class and will offer you lots of modifications in each pose to fit your fitness level. If you can comfortably walk at a brisk pace for 30 minutes or more you should be fine in a level 1 class.</p>	<p>A level 2 class will generally be more challenging as you move from pose to pose. If something is too challenging you are welcome to rest or modify the poses to fit your fitness level. A level 2 class will also begin to incorporate more advanced poses. You can always modify or choose not to do a pose if you feel uncomfortable. This class requires a good amount of both strength and endurance</p>	<p>A level 3 class will be advanced. There will not be as much instruction on proper alignment as the teacher will assume that students know and understand the correct position for each pose. The class will be more fast paced and move very quickly. A level 3 class requires a good amount of strength, endurance and experience. This class is not recommended for beginners or those new to yoga.</p>