


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Cycling* Cycling Studio 8:15am Kickboxing* Classroom 2 9:15am Yoga 2* Classroom 1 9:15am Cycling* Cycling Studio 9:30am Body Challenge Multipurpose gym 10:30am Abs Multipurpose gym 10:30am Yoga 2* Classroom 1 12:00pm Stretch-N-Flex Main Aerobics Floor 12:15pm Cycling Cycling Studio 1:00pm Stretch-N-Flex Main Aerobics Floor 1:00pm: Stability Classroom 1 3:00pm Aqua Arthritis* Therapy Pool 4:30pm Triple Threat Main Aerobics Floor 5:30am Yoga 2* Classroom 1 5:30pm Zumba Main Aerobics Floor 5:30pm Cycling Cycling Studio 5:30pm Water Fitness Lap Pool 6:30pm Step Aerobics Floor	8:30am Barre* Classroom 1 9:30am Cycle & Sculpt* Cycling Studio 9:30am Zumba Main Aerobics Floor 9:00am Water Fitness Lap Pool 10:00am Low Impact Aqua Lap Pool 10:30am Yoga 2* Classroom 1 11:00am Aqua Arthritis* Therapy Pool 11:00am Silver Sneakers Main Aerobics Floor 11:00am Cycling* Cycling Studio 12:00pm RowFit* Multipurpose Gym 12:15pm Chair Yoga* Classroom 2 12:30pm QuickFit Multipurpose Gym 1:00pm Aqua Arthritis* Therapy Pool 4:30pm Cycling* Cycling Studio 5:30am Body Challenge Main Aerobics Floor 5:30pm Yoga 1* Classroom 1 5:30pm Water Fitness Lap Pool 5:30pm Limber-Up** Racquetball Court 6:00pm Prenatal Fitness Classroom 2	6:00am Cycling* Cycling Studio 9:15am Cycling* Cycling Studio 9:30am Body Challenge Multipurpose gym 10:00am Limber-Up** Racquetball Court 10:00am Chair Yoga* Classroom 2 10:30am Yoga 2* Classroom 1 12:00pm Stretch-N-Flex Main Aerobics Floor 12:15pm Cycling Cycling Studio 1:00pm Stretch-N-Flex Main Aerobics Floor 1:00pm: Stability Classroom 1 3:00pm Aqua Arthritis* Therapy Pool 4:30pm Triple Threat Main Aerobics Floor 5:30am Yoga 2* Classroom 1 5:30pm Zumba Main Aerobics Floor 5:30pm Cycling Cycling Studio 5:30pm Water Fitness Lap Pool	8:30am Barre* Classroom 1 8:15am Kickboxing* Classroom 2 9:30am CardioSculpt Main Aerobics Floor 9:15am Cycling* Cycling Studio 9:00am Water Fitness Lap Pool 10:00am Low Impact Aqua Lap Pool 10:30am Yoga 2* Classroom 1 11:00am Aqua Arthritis* Therapy Pool 11:00am Silver Sneakers Main Aerobics Floor 11:00am Cycling* Cycling Studio 12:00pm RowFit* Multipurpose Gym 12:00pm FitFusion Light Main Aerobics Floor 12:30pm QuickFit Multipurpose Gym 1:00pm Aqua Arthritis* Therapy Pool 4:15pm Zumba Main Aerobics Floor 5:30pm Cycling* Cycling Studio 5:30am Body Challenge Main Aerobics Floor 5:30pm Water Fitness Lap Pool	6:00am Cycling* Cycling Studio 8:00am Yoga 2* Classroom 1 9:15am Cycling* Cycling Studio 9:30am Body Challenge Multipurpose gym 10:30am Yoga 1* Classroom 2 12:00pm Stretch-N-Flex Main Aerobics Floor 1:00pm Stretch-N-Flex Main Aerobics Floor 12:15pm Cycling Cycling Studio 3:00pm Aqua Arthritis* Therapy Pool 4:00pm Restorative Yoga* Classroom 1	9:00am Yoga 1* Classroom 1 9:15am Cycling* Cycling Studio 9:15am Zumba Main Aerobics Floor 10:30am Yoga 3* Classroom 2 10:30am Water Fitness Lap Pool	No Classes on Sunday
 <p>PAUL H. BROYHILL WELLNESS CENTER Summer 2019 Group Exercise Schedule</p> <p>* Indicates that a sign-up is required for the class. Sign-up for those classes with our app.</p> <p>** Indicates an additional charge after first class.</p> <p>Sign-Up for classes no more than 2 days in advance.</p> <p>Classes and instructors are subject to change.</p> <p>Call 828.266.1060 for more info Or visit www.wellness.apprhs.org</p>						