

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00am Cycling*</b> Cycling Studio	<b>8:15am Kickboxing*</b> Multipurpose gym	<b>6:00am Cycling*</b> Cycling Studio	<b>8:15am Kickboxing*</b> Multipurpose gym	<b>6:00am Cycling*</b> Cycling Studio	<b>9:00am Yoga 1*</b> Classroom 1	<b>2:00pm Restorative Yoga*</b> Classroom 1
<b>9:15am Yoga 2*</b> Classroom 1	<b>8:30am Barre*</b> Classroom 1	<b>9:15am Cycling*</b> Cycling Studio	<b>8:30am Barre*</b> Classroom 1	<b>8:00am Yoga 2*</b> Classroom 1	<b>9:15am Cycling*</b> Cycling Studio	
<b>9:15am Cycling*</b> Cycling Studio	<b>9:30am Cycle &amp; Sculpt*</b> Cycling Studio	<b>9:30am Body Challenge</b> Multipurpose gym	<b>9:30am CardioSculpt</b> Main Aerobics Floor	<b>9:15am Cycling*</b> Cycling Studio	<b>9:15am Zumba</b> Main Aerobics Floor	
<b>9:30am Body Challenge</b> Multipurpose gym	<b>9:30am Zumba</b> Main Aerobics Floor	<b>10:00am Limber-Up**</b> Racquetball Court	<b>9:15am Cycling*</b> Cycling Studio	<b>9:30am Body Challenge</b> Multipurpose gym	<b>10:30am Yoga 3*</b> Classroom 1	
<b>10:30am Abs</b> Multipurpose gym	<b>9:00am Water Fitness</b> Lap Pool	<b>10:30am Yoga 2*</b> Classroom 1	<b>9:00am Water Fitness</b> Lap Pool	<b>10:30am Yoga 1*</b> Classroom 1	<b>10:30am Water Fitness</b> Lap Pool	
<b>10:30am Yoga 2*</b> Classroom 1	<b>9:15am Prenatal Yoga</b> Classroom 1	<b>12:00pm Stretch-N-Flex</b> Main Aerobics Floor	<b>10:00am Low Impact Aqua</b> Lap Pool	<b>11:00am Silver Gloves*</b> Multipurpose gym		
<b>12:00pm Stretch-N-Flex</b> Main Aerobics Floor	<b>10:00am Low Impact Aqua</b> Lap Pool	<b>12:15pm Cycling</b> Cycling Studio	<b>10:30am Yoga 2*</b> Classroom 1	<b>12:00pm Stretch-N-Flex</b> Main Aerobics Floor		
<b>12:15pm Cycling</b> Cycling Studio	<b>10:30am Yoga 2*</b> Classroom 1	<b>1:00pm Stretch-N-Flex</b> Main Aerobics Floor	<b>11:00am Silver Sneakers</b> Main Aerobics Floor	<b>12:15pm Chair Yoga*</b> Classroom 1 (Starts 10/11/19)		
<b>1:00pm Stretch-N-Flex</b> Main Aerobics Floor	<b>11:00am Silver Gloves*</b> Multipurpose gym	<b>1:00pm: Stability</b> Classroom 1	<b>11:00am Cycling*</b> Cycling Studio	<b>1:00pm Stretch-N-Flex</b> Main Aerobics Floor		
<b>1:00pm: Stability</b> Classroom 1	<b>11:00am Silver Sneakers</b> Main Aerobics Floor	<b>4:30pm Triple Threat</b> Main Aerobics Floor	<b>12:00pm RowFit*</b> Multipurpose Gym	<b>12:15pm Cycling</b> Cycling Studio		
<b>4:30pm Triple Threat</b> Main Aerobics Floor	<b>11:00am Cycling*</b> Cycling Studio	<b>5:30am Yoga 2*</b> Classroom 1	<b>12:00pm FitFusion Light</b> Main Aerobics Floor			
<b>5:30pm Yoga 2*</b> Classroom 1	<b>12:00pm RowFit*</b> Multipurpose Gym	<b>5:30pm Zumba</b> Main Aerobics Floor	<b>12:30pm QuickFit</b> Multipurpose Gym			
<b>5:30pm Zumba</b> Main Aerobics Floor	<b>12:15pm Chair Yoga*</b> Classroom 1	<b>5:30pm Cycling</b> Cycling Studio	<b>4:15pm Zumba</b> Main Aerobics Floor			
<b>5:30pm Cycling</b> Cycling Studio	<b>12:30pm QuickFit</b> Multipurpose Gym		<b>5:30pm Cycling*</b> Cycling Studio			
<b>5:30pm Water Fitness</b> Lap Pool	<b>4:30pm Cycling*</b> Cycling Studio		<b>5:30am Body Challenge</b> Main Aerobics Floor			
<b>6:30pm Step</b> Aerobics Floor	<b>5:30am Body Challenge</b> Main Aerobics Floor		<b>5:30pm Water Fitness</b> Lap Pool			
	<b>5:30pm Water Fitness</b> Lap Pool					
	<b>6:00pm Prenatal Fitness</b> Therapy Pool					



**PAUL H. BRODY HILL  
WELLNESS CENTER**

**Fall 2019 Group Exercise Schedule**

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

\*\* Indicates an additional charge after first class.

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)

**Hours of Operation**

**Monday - Thursday: 5:30am - 9:00pm**

**Friday: 5:30am - 8:00pm**

**Saturday: 7:00am - 4:00pm**

**Sunday: 1:00pm - 5:00pm**

# 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.

**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. 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.

**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.

**CardioSculpt:** 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.

**Cycle-N-Sculpt:** A combination of indoor cycling and total body strength training.

**TRIPLE THREAT:** 20 Minutes-devoted to toning all major muscle groups, while improving muscle strength and definition, we will incorporate a variety of equipment.

**YOGA:** Yoga, the most ancient physical discipline in existence today. 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.

**Chair Yoga:** A gentle form of yoga. You will practice yoga sitting in a chair or standing and using the chair for support. You'll learn many yoga postures, breathing techniques and ways of relaxation all with the aid of a chair.

**KickBoxing:** A total body workout that incorporates self defense.

**Silver Gloves:** A boxing class that focuses on cardio, strength, flexibility, and balance.

**FitFusion Light:** A complete low impact cardio and conditioning workout. Using free weights, steps, and resistance bands. This class also combines core and functional exercises to help improve overall daily function. Great for beginners or any fitness level!

**Barre:** Barre Above™ fuses the very best of pilates, yoga, aerobics, and strength training. Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body.

**Stability:** The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. A chair may be used for balance and support.

\*Schedule is subject to change.