


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual and In-Person Classes					No Classes	Facility Closed
9:30am Strength with Trish Aerobics Floor	8:30am Kickboxing Aerobics Floor	9:30 Strength with Trish Aerobics Floor	8:30am Kickboxing Aerobics Floor	9:30am Strength with Trish Aerobics Floor		
10:30am Dance with Gwen Aerobics Floor	8:30am Water Fitness Lap Pool	10:30am Dance with Gwen Aerobics Floor	8:30am Water Fitness Lap Pool	10:30am Dance with Gwen Aerobics Floor		
11:30am Silver Sneakers Aerobics Floor	9:30am Barre Aerobics floor	11:30am Cardio-Light Aerobics Floor	9:30am Barre Aerobics floor	11:30am Core Aerobics Floor		
12:15pm Stretch-N-Flex Aerobics Floor	9:45am Water Fitness Lap Pool	12:15pm Stretch-N-Flex – Aerobics Floor	9:45am Water Fitness Lap Pool	12:15pm Stretch-N-Flex Aerobics Floor		
1:15pm –Aqua Arthritis - Therapy Pool	10:30am Yoga 1 Cycling room	1:15pm –Aqua Arthritis Therapy Pool	10:30am Yoga 2 Cycling room	1:15pm –Aqua Arthritis - Therapy Pool		
	11:15am –Aqua Arthritis Therapy Pool		11:15am Aqua Arthritis Therapy Pool			
	12:00 – RowFit Multipurpose gym		12:00 – RowFit Multipurpose gym			
	12:15 Chair Yoga Aerobics floor		12:15 Chair Yoga Aerobics floor			
	1:15am –Aqua Arthritis Therapy Pool		1:15am –Aqua Arthritis Therapy Pool			
Outdoor Classes					 PAUL H. BROPHY HILL WELLNESS CENTER	
8:30am Cycling	9:30am Cycling	6:30am Cycling	9:30am Cycling	8:30am Cycling		
12:15 pm Cycling	5:30pm – Zumba	8:30am Cycling	10:30pm – Zumba	12:15 pm Cycling		
5:30pm – Fit Fusion		10:00 Tai Chi				
		12:15 pm Cycling				
		5:30pm – Cycling				
					September 2020 Group Exercise Schedule	
					Sign-up is required for all classes. Use our app or visit https://brophyhill.clubautomation.com to sign-up.	
					Sign-up for classes starts 48 hours before the class.	
					Classes and instructors are subject to change.	
					Call 828.266.1060 for more info Or visit www.wellness.apprhs.org	