

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>8:30am Cycling Aerobics Floor</p> <p>9:30am Strength with Trish* Aerobics Floor</p> <p>10:30am Dance with Gwen* Aerobics Floor</p> <p>11:30am Silver Sneakers* Classroom 1</p> <p>12:15pm Stretch-N-Flex* Classroom 1</p> <p>12:15pm Cycling Aerobics Floor</p> <p>1:15pm –Aqua Arthritis Therapy Pool</p> <p>5:30pm Cycling Aerobics Floor</p>	<p>8:30am Kickboxing* Classroom 1</p> <p>8:30am Cycling Aerobics Floor</p> <p>8:30am Water Fitness Lap Pool</p> <p>9:30am Barre* Aerobics floor</p> <p>9:45am Water Fitness Lap Pool</p> <p>10:30am Yoga 1* Classroom 1</p> <p>11:15am –Aqua Arthritis Therapy Pool</p> <p>12:00pm – RowFit Multipurpose gym</p> <p>12:15 Chair Yoga* Classroom 1</p> <p>1:15am –Aqua Arthritis Therapy Pool</p> <p>5:30pm – Zumba Aerobics floor</p> <p>5:30pm Yoga 2 Classroom 1</p>	<p>6:00am Cycling Aerobics Floor</p> <p>8:30am Cycling Aerobics Floor</p> <p>9:30 Strength with Trish* Aerobics Floor</p> <p>10:00 Tai Chi Classroom 1</p> <p>10:30am Dance with Gwen* Aerobics Floor</p> <p>11:30am Cardio-Light* Classroom 1</p> <p>12:15pm Stretch-N-Flex* Classroom 1</p> <p>12:15pm Cycling Aerobics Floor</p> <p>1:15pm –Aqua Arthritis Therapy Pool</p> <p>5:30pm Cycling Aerobics Floor</p>	<p>8:30am Kickboxing* Classroom 1</p> <p>8:30am Cycling Aerobics Floor</p> <p>8:30am Water Fitness Lap Pool</p> <p>9:30am Barre* Aerobics floor</p> <p>9:45am Water Fitness Lap Pool</p> <p>10:30am Yoga 2* Classroom 1</p> <p>11:15am –Aqua Arthritis Therapy Pool</p> <p>12:00pm – RowFit Multipurpose gym</p> <p>12:15 Chair Yoga* Classroom 1</p> <p>1:15pm –Aqua Arthritis Therapy Pool</p> <p>5:30pm – Zumba Aerobics floor</p>	<p>8:30am Cycling Aerobics Floor</p> <p>9:30am CardioBlast with Trish* Aerobics Floor</p> <p>10:30am Dance with Gwen* Aerobics Floor</p> <p>11:30am Core* Classroom 1</p> <p>12:15pm Stretch-N-Flex* Classroom 1</p> <p>12:15pm Cycling Aerobics Floor</p> <p>1:15pm –Aqua Arthritis - Therapy Pool</p>	<p><b>Indoor Cycling</b> 12/5 – 9:15 – Jim 12/12 – 9:15 – Lara 12/19 -9:15 Shannon</p> <p><b>Yoga – Level 1-2</b> 12/12 – 10:30-Betsy</p>	<p><b>Facility Closed</b></p>
<p align="center">   <b>PAUL H. BROYHILL WELLNESS CENTER</b> </p> <p align="center"><b>December 2020 Group Exercise Schedule</b></p> <p align="center"> <b>Sign-up is required for all classes. Use our app or visit</b>  <a href="https://broyhill.clubautomation.com">https://broyhill.clubautomation.com</a>  to sign-up. </p> <p align="center"> <b>Sign-up for classes starts 48 hours before the class.</b> </p> <p align="center"> Classes and instructors are subject to change. </p> <p align="center"> <b>*Indicates that class is also virtual</b> </p> <p align="center"> Call 828.266.1060 for more info Or visit  <a href="http://www.wellness.apprhs.org">www.wellness.apprhs.org</a> </p>						
<p align="center"><b>Specialty Group Classes - \$10 per class to attend</b></p>						
<p>4:30pm Youth Strength &amp; Development Multipurpose gym</p>			<p>4:30pm Youth Strength &amp; Development Multipurpose gym</p>			

# Class Descriptions

**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.

**Strength with Trish:** 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.

**STRETCH AND FLEX:** A 45-minute class incorporating basic resistance and stretching exercises. Perfect for the senior citizen or for the beginning exerciser.

**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 (Dance with Gwen)** fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout that will blow you away.

**Barre:** 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.

**Cardio KickBoxing:** A total body workout that incorporates various kicks and punches to provide a great cardio workout.

**Chair 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.

**Core:** 30 minutes of work focused on the core of the body.

**Tai Chi:** a workout that focuses on connecting the body and mind through gentle movements.

**Cardio Blast with Trish:** This class will work each body part for one hour. In that hour you will challenge your body through endurance and strength training.

**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.

## Specialty Class Descriptions

**Youth Strength & Development:** A specialty class taught by Coach Joe. Fundamentals of strength and conditioning training for the middle school or high school student.