


| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---|--|--|--|--|---|
| 6:00 | | | Cycling Aerobics floor | | | 9:15am Cycling Outside -9/4 - Lara -9/11 - Shannon -9/18 - Jim -8/28 - Lara 10:30am Yoga 1 - 2 Classroom 1  PAUL H. BROYHILL WELLNESS CENTER September 2021 Group Exercise *Effective 9/2/21 Sign-up is required for all classes. Sign-up starts 48 hours before the class. Classes and Instructors are subject to change. *Indicates the class is also Virtual. Call 828-266-1060 for more info or visit: Wellness.apprhs.org |
| 8:30 | Cycling Outside | Cycle & Sculpt Aerobics Floor | Cycling Outside | Cycling Outside | Cycling Outside | |
| 9:30 | Strength with Trish* Aerobics Floor | Barre* Aerobics Floor | Strength with Trish* Aerobics Floor | Barre* Aerobics Floor | CardioBlast* Aerobics Floor Tai Chi (Outside) | |
| 9:45 | Pilates Classroom 1 | | | | | |
| 10:30 | Dance with Gwen* Aerobics Floor | Yoga 1* Classroom 1 | Dance with Gwen* Aerobics Floor | Yoga 2* Classroom 1 | Dance with Gwen* Aerobics Floor Yoga for Athletes Classroom 1 | |
| 11:00 | | Cycling Outside | | Cycling Outside | | |
| 11:15 | | Aqua Arthritis Therapy Pool | | Aqua Arthritis Therapy Pool | | |
| 11:30 | Silver Sneakers* Classroom 1 | | Cardio Light* Classroom 1 (No class 8/11) | | | |
| 12:00 | | RowFit Multipurpose Gym | | RowFit Multipurpose Gym | | |
| 12:15 | Stretch-N-Flex* Classroom 1 Cycling Outside | | Stretch-N-Flex* Classroom 1 Cycling Outside | | Stretch-N-Flex* Classroom 1 Cycling Outside | |
| 12:30 | | Chair Yoga* Classroom 1 | | Chair Yoga* Classroom 1 | | |
| 1:30 | | Aqua Arthritis Therapy Pool | | Aqua Arthritis Therapy Pool | | |
| 5:30 | Cycling Outside Restorative Yoga Classroom 1 | Yoga 2 Classroom 1 Zumba Aerobics Floor | Cycling Outside Pilates* Classroom 1 | Yoga 2 Classroom 1 Zumba Aerobics Floor | | |

Class Descriptions

Cycling (SPINNING): A smooth, safe 45 min 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 45 min 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 30 min 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. Classes are 60 min.

Zumba (Dance with Gwen) fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout that will blow you away. Classes are 45 min.

Barre: Fuses the very best of pilates, yoga, aerobics, and strength training. The 45 min class include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body.

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

Tai Chi: a 45 min workout that focuses on connecting the body and mind through gentle movements.

Cycle & Sculpt: A cardio based class that combines indoor cycling and step aerobics.

Cardio Blast with Trish: This 45 min 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. The class is 45 min.

Stability: A 30 minute class that focuses on exercises deigned to help improve balance and stability.

Pilates: a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.

Restorative Yoga : (Yin) An all-level class combining a simple sequence of restful postures with the support of props for maximum relaxation. Through the poses and breath, this class serves to soothe the nervous system and promote relaxation and deep inner connection.

Yoga For Athletes: An all-level class suited to those experiencing common tensions from workout routines and/or sports. The class begins with a flow-style sequence to warm up the body, then progresses to deep stretches for major muscles used in fitness. The class also incorporates balance work to enhance your athletic lifestyle.