

Group Fitness Summer 2026 Calendar

HAYWOOD
REGIONAL HEALTH & FITNESS CENTER



Mon

Multi-purpose Room

8:00 Body Pump
9:30am Pilates
10:45am Yin Yoga
12:00pm Zumba
4:30pm Step it up
5:30pm Zumba
6:30pm Core

Pool

8:30am Aqua Fit
9:30am Water Blast
10:30am Deep Water

Spin Room

9:30am Rise and Ride
5:30pm Spin

Basketball court

8:30am PowerHouse

Classroom

5:30pm Stretch and Breathe

Tue

Multi-purpose Room

8:15am Tabata
9:45am Great Beginnings
10:45am Bones and Balance
5:00pm Booty Blast
6:00pm Body Pump

Pool

11:00am Fluid Motion
5:45pm Splash

Classroom

8:30am Yoga Basics
9:45am Yoga

Wed

Multi-purpose Room

8:00am Body Pump
9:30am Pilates
12:00pm Zumba

Pool

8:30am Aqua Fit
9:30am Water Blast

Spin Room

9:30am Rise and Ride
4:30pm TRX and Spin

Basketball court

8:30am PowerHouse
5:30pm PowerHouse

Classroom

10:00 am Flexible Fitness
11:15am QiGong
5:30pm Power Core Yoga

Thu

Multi-purpose Room

5:45am Tabata
8:15am Tabata
9:45am Great Beginnings
10:45am Bones and Balance
11:45am QiGong
5:00pm Booty Blast
6:00pm Body Pump

Pool

5:45pm Splash

Classroom

8:30am Yoga Basics
9:45am Yoga

Fri

Multi-purpose Room

5:45am Core and More
9:45am Flow and Tone
12:00pm Zumba

Pool

8:30am Aqua fit
9:30am Water Blast
10:30am Deep Water

Spin Room

9:30am Rise and Ride

Basketball court

8:30am PowerHouse
10:00am Honey Bees
4:30pm PowerHouse

Classroom

10:00am Flexible Fitness
11:30am Chair Yoga
1:15pm QiGong

Sat

Multi-purpose Room

8:30am Weekend Wake up
9:45am Body Pump

Classroom

10:00am Flexible Fitness
11:15am QiGong

Gym Hours

Monday-Thursday

5:30am-9:00pm

Friday

5:30am-8:00pm

Saturday

7:30am-5:00pm

Sunday

1:00pm-6:00pm

Pool Hours

Monday-Thursday

6:00am-8:00pm

Friday

6:00am-7:00pm

Saturday

8:00am-4:00pm

Sunday

1:00pm-5:00pm

**Blood Drive
August 13th**

Class Description

- 1. Be 10-15 minutes before class starts because you may need equipment.
- 2. Class has a limited number of participants! First come first serve.
- 3. During Yoga classes, the door will be closed once the class starts.



Aqua Fit: 45 min Muscle-conditioning water class alternated with low to moderate aerobic training. GREAT MUSIC, SO MUCH FUN!!!!

BODY PUMP: This amazing 1 hour class is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit.

Bones & Balance: A combination of light weight-bearing endurance, balance, and gentle full-body strengthening exercise appropriate for participants with osteoporosis.

Booty Blast: This 45 min weight training based class uses a combination of barbell, dumbbells, bodyweight exercises and cardio burst designed to tighten and tone your legs, glutes, and abdominals. Get ready for that booty to burn!

Chair Yoga: 1 hour class using a chair to support participants in modified yoga poses, making the practice accessible for people of all ages and abilities

Core: 30 min class to strengthen your "powerhouse" muscles—your abs, back, glutes, and hips—to improve posture, balance, and overall body strength

Core and More: A 45 min high-energy workout that combines heart-pumping cardio exercises with focused core strengthening movements to build overall fitness, burn calories, and improve stability.

Deep water: 45 min Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. Water comfort necessary, however, swimming ability is not required.

Fluid Motion: 45 min Water class for special populations such as those with Arthritis, fibromyalgia, and other conditions. Lots of stretching

Flexible Fitness: 1 hour class using variety of standing, sitting, & floor stretching will be presented. All levels are welcome!

Flow and TONE: 45 min whole body workout. It engages muscles you wouldn't normally target—ones deep inside your body that squats, lunges, and sit-ups don't reach. With high-reps and low-impact movements, this class challenges anyone looking to fine-tune their muscles.

Great Beginnings: Low-level class using bands, weights, chairs, and slow movements to increase strength, cardiovascular fitness, and improve balance. Appropriate for seniors, beginning exercisers and those with chronic conditions.

Honeybees: One hour kids class (ages 3 months– 8 years) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc.

Pilates: 1 hour class Promotes mobility and strength of all the major muscle groups in the body, while having a focus on deep core muscles

Power Core Yoga: This will be a one-hour flow class with focus on upper body and core strength. This one-hour class will provide a full body workout with challenge enough for the advanced practitioner but with modifications offered that will make it accessible to anyone.

Power House: This one hour class features plyometrics, endurance drills, and cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!

QiGong: 1 hour class, Qigong works on the internal and external body. It improves posture, muscles, bones, balance and organ function through gentle flowing repetitive movements.

Rise & Ride: GET FIT with this 45-minute class. Burn calories, build muscle, improve endurance and relive stress!

TRX & Spin: Get the benefits of a 30-minute cycle class and the toning results of a TRX core workout in this fast-paced, ultra-cardio combo! Two different formats in a one-hour class!! This session will start in the GYM and end up in the Spin Studio.

Spin: 45 min High-Energy cardio class on a stationary bike designed to mimic outdoor cycling.

Splash: 45 min Utilize water resistance to condition and tone the upper and lower body both simultaneously and isolation with punches, kicks, and jogging drills. Develop cardiovascular endurance while having fun!

Step it up +: Get your heart pumping with easy-to follow moves, ending with core and body resistance stretching. Get a full cardio combo in 45 minutes!

Stretch and Breathe: 1 hour flow yoga class with a concentration on stretching, breathing and being present. Accessible to all!

Tabata: This hour long training breaks a workout down into clearly defined intervals – typically, 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest. Eight consecutive work-and-relax cycles go into a 4-minute round. Burn lots of calories with this amazing format!

Tone it Up: A great class filled with easy to follow techniques and energizing music to keep you moving for 60 minutes. Tone your body while you have fun!

Water Blast: 45 min class Uses water's natural resistance to improve cardiovascular fitness & muscle tone. Intervals! We use TABATA techniques to challenge your body!

Weekend Wake-Up: An hour long high-energy cardio blast that varies with each instructor designed to get your weekend started with conditioning and strength exercises.

Yin Yoga: Slow paced practice focusing on holding poses for an extended period of time. Beneficial for increased flexibility, improved joint mobility, reducing stress, promoting relaxation by targeting deep connective tissues.

Yoga: Yoga is an excellent way to stretch & strengthen the body, focus the mind, and relax the spirit.

Yoga Basics: A transformative Yoga practice that allows you to execute poses while seated, using a chair or props for balance. Yoga Basics offers the same benefits as traditional yoga, like boosting strength, flexibility, mobility and mental well-being.

Yoga/Pilates: Combine Yoga, Pilates and Athletic Training. This class is designed to improve flexibility, range of motion, muscle tone, core control, coordination, and symmetry.

Zumba®:Hour long Latin inspired dance-fitness class that incorporates Latin and international music and dance movement