

# MARCH 2026 GYM SCHEDULE



**HAYWOOD**  
REGIONAL HEALTH & FITNESS CENTER



**Mon**

5:30am-8:00am  
Open Gym

8:30am-9:30am  
Powerhouse  
COURT CLOSED

9:45am-9:00pm  
Open Gym

**Tue**

5:30am-9:00pm  
Open Gym

**Wed**

5:30am-8:00am  
Open Gym

8:30am-9:30am  
Powerhouse  
COURT CLOSED

9:45am-4:00pm  
Open Gym

4:30pm-5:30pm  
TRX and Spin  
COURT CLOSED

5:30pm-6:30pm  
Powerhouse  
COURT CLOSED

7:15pm-9:00pm  
Open Gym

**Thu**

5:30am-4:45pm  
Open Gym

5:00pm-7:00pm  
**Full-Court  
Adult Pick Up  
Basketball  
Game**

7:15pm-9:00pm  
Open Gym

**Fri**

5:30am-8:00am  
Open Gym

8:30am-9:30am  
Powerhouse  
COURT CLOSED

10:00am-11:00am  
HONEYBEES  
COURT CLOSED

11:15am-4:00pm  
Open Gym

4:30pm-5:30pm  
Powerhouse  
COURT CLOSED

**Sat**

7:00am-5:00pm  
Open Gym

**Fitness  
Center Hours**

M-TH 5:30am-9:00pm  
F 5:30am-8:00pm  
Sat 7:30am-5:00pm  
Sun 1:00pm-6:00pm

**Sun**

1:00pm-3:30pm  
**Full-Court  
Adult Pick Up  
Basketball  
Game**

**March Madness  
Group Fitness  
Competition  
Starts March  
1<sup>st</sup> thru March  
31<sup>st</sup>**





## **Class Descriptions**



**Honeybees: One hour kids class (3 months– 8 years old) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc. Lots of supervised fun time.**

**Powerhouse: One hour class. This class has plyometrics, endurance drills, cardio and is set up in stations around the Gymnasium. Every day is fun, challenging and different!**

**TRX & Spin: Get the benefits of a 30 minutes cycle class and the toning results of a TRX core workout in this fast paced, ultra cardio combo! Two different formats under one hour class! This session will start in the GYM then move to the Spin Studio.**