



JANUARY 2026

GYM SCHEDULE



HAYWOOD
REGIONAL HEALTH & FITNESS CENTER



Mon

5:30am-8:15am
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-8:15am
Open Gym

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

9:45am-4:15pm
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-5:00pm
Open Gym

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

7:15pm-9:00pm
Open Gym

Fri

5:30am-8:15am
Open Gym

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

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

11:15am-4:15pm
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**

**Fitness
Center
Closed
January 1st**

The background of the slide is light gray and is decorated with several orange basketballs with black lines. These basketballs are positioned around the central orange rectangle, with some partially cut off by the edges of the frame.

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.