



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

Sun

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

**Fitness
Center Hours**

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

**Fitness
Center
Closed
January 1st**

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.