

# Group Fitness Spring 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

**Blood Drive  
June 17th**

**Pool Hours**  
Monday-Thursday  
6:00am-8:00pm  
Friday  
6:00am-7:00pm  
Saturday  
8:00am-4:00pm  
Sunday  
1:00pm-5:00pm

# 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