

CLASSROOMS
GYMNASIUM
MULTIPURPOSE ROOM
OUTDOORS
POOL
SPINNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpting Justi 8:00-9:15am		LES MILLS BODYPUMP Lauren 8:00-9:15am		LES MILLS BODYPUMP Gail 8:00-9:15am	
	TABATA WORKOUT Karen H. 8:15-9:30am		TABATA WORKOUT Karen H. 8:15-9:30am		
POWER HOUSE Sam 8:30-9:30am		POWER HOUSE Sam 8:30-9:30am		POWER HOUSE Sam 8:30-9:30am	WEEKEND WAKE UP Jennifer 8:30-9:30am
AQUA FIT Ann & Sussy 8:30-9:15am	RESTORATIVE YOGA Karen Mc.G 8:30-9:30am	AQUA FIT Laura & Sussy 8:30-9:15am	RESTORATIVE YOGA Karen Mc.G 8:30-9:30am	AQUA FIT Laura 8:30-9:15am	
		Beginners YOGA Karen & Debra 8:45-9:45am			
WATER BLAST! Sussy 9:30-10:15am		WATER BLAST! Laura & Nancy 9:30-10:15am		WATER BLAST! Nancy & Lynn 9:30-10:15am	
BARRE Sam 9:45-10:30am		BARRE Sam 9:45-10:30am		BARRE Karen McGovern 9:45-10:30am	LES MILLS BODYPUMP Jennifer 9:45-10:45am
MORNING RIDE Justi 9:45-10:30am	Great BEGINNINGS Ann 9:45-10:30am	MORNING RIDE Lauren 9:45-10:30am	Great BEGINNINGS Ann 9:45-10:30am	MORNING RIDE Gail 9:45-10:30am	
				Flexiible Fitness Ann 10:00-10:45am	
	YOGA Karen Mc.G 10:00-11:00am	Flexiible Fitness Ann 10:00-10:45am	YOGA Karen Mc.G 10:00-11:00am	HONEYBEES Kerrigan 10:00-11:00am	Awaken MindBody Instructor Rotation 10:00-11:00am
DEEP Water Ann & Nancy 10:30-11:15am				Deep Water Lynn & Nancy 10:30-11:15am	PARTY TIME Book your B'day Party with us!
	BONES & BALANCE Ann 10:45-11:30am	Balance, Breath & Brawn Dr. Matt Jeffs 10:45-11:30 am	BONES & BALANCE Ann 10:45-11:30am		POOL PARTY Members \$125 Non-member \$140
	FLUID MOTION Lynn 11:00-11:45am		FLUID MOTION Lynn 11:00-11:45am		GYM PARTY Members \$115 Non-members \$130
ZUMBA Laura 11:45-12:45pm		ZUMBA Sussy 11:45-12:45pm		ZUMBA Monica 11:45-12:45pm	Contact : Wesley Woodberry 828-452-8056
SPIN+TRX Lisa 4:30-5:30pm				BOOT CAMP BETH 4:30-5:30pm	Visit our Front Desk for more information.
		KICK IT UP Justi 4:45-5:45pm			Zumba Beginners Clinic II Zumba is a fitness program that combines Latin and international music with dance moves. Learn the basic steps of these amazing rythms during our clinic: Flamenco Belly Dancing Country/Tex- Mex Bachata Salsa (review) Wednesday, June 25th at 6:00pm \$10.00 per person Reserve your spot at the Front Desk
ZUMBA Sussy 5:00-5:45pm	BOOTY BLAST Instructors Rotate 5:00-5:45pm		Step it UP Lisa 5:00-5:45pm		
YOU YOGA Michael & Melissa 5:30-6:30pm		YOGA FLOW Michael & Melissa 5:30-6:30pm			
	SPLASH! Lisa 5:45-6:30pm		SPLASH! Lisa 5:45-6:30pm		
WARRIOR WORKOUT Instructor Rotation 6:00-7:00pm		WARRIOR WORKOUT Instructor Rotation 6:00-7:00pm			Book your massage TODAY!  Visit the Front Desk or call at 828-452-8080.
INTERVAL SPIN+ CORE Jennifer 5:30-6:30pm	LES MILLS BODYPUMP Jennifer 6:00-7:00pm	POWER HOUSE Jennifer 6:00-7:00pm	LES MILLS BODYPUMP Jennifer 6:00-7:00pm		SUSSY DAVIS Group Fitness Supervisor Phone:828-452-8080 susana.davis@haymed.org

Group Fitness – Class Descriptions:



The red clock means:

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

-  **Awaken Mind Body: NEW!** Weekend YOGA of various formats that will leave you relaxed and refreshed. Join this great class and experience amazing techniques and different instructors every Saturday.
-  **Balance, Breath and Brawn BACK!** We combine our love of Mountains, Mindfulness, Movement and Music to build, heal and strengthen our bodies, our minds and our spirits. Deftly applying traditional Tai Chi techniques, Qigong, embodied cognition and breath work in new and expanding ways is how we achieve applications that fit our 21st century lifestyles.
-  **Barre:** An effective total body workout focused on low-impact, high intensity movements that lift and tone muscles while also developing agility and flexibility.
-  **Beginners YOGA: NEW!** These classes are suitable for those new to yoga, recovering from an injury or interested in the finer harmonic details found in alignment. The posture sequences allow space for students to align, strengthen, and thrive on and off the mat.
-  **BODY SCULPTING:** An amazing total body workout class! This session is a very straightforward concept that will improve your muscle definition by toning your entire body! Improve your circulation, metabolism and caloric burn while having fun!
-  **BODYPUMP™:** A weights class that builds strength, tones your body and pushes you to the limit every time. This 60-minute workout is set to music and challenges your major muscle groups.
-  **Bones & Balance:** A combination of light weight bearing endurance, balance, and gentle full body strengthening exercise appropriate for participants with osteoporosis.
-  **Boot Camp:** A high-energy circuit class that alternates cardio and weight training exercises in a circuit format. Participants will perform a wide variety of exercises from running and sprinting to plyometric jumps and core exercises.
-  **Booty Blast: NEW!** This weight training based class uses a combination of barbell, dumbbells, bodyweight exercises and cardio burst designed to tighten and tone you legs, glutes and abdominals. Get ready for that booty to burn!
- Fluid Motion:** Water class for special populations such as those with Arthritis, fibromyalgia, and other conditions. Lots of stretching...
-  **Flexible Fitness:** A variety of standing, sitting & floor stretching will be presented. All levels!
-  **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 (3 months- 8 years old) in the gymnasium. Play around the gym with bikes, balls, hula-hoops, etc. Lots of supervised fun time.
- Into the DEEP:** Deep water aerobics utilizing buoyancy belts for a non-weight bearing workout. Water comfort necessary, however, swimming ability is not required.
- Interval Spin+ CORE:** A 30-minute spin class using interval sprints & climbs to burn maximum calories & increase overall metabolism + 30 minutes of CORE workout, using a mat! The perfect class for beginners to advance. The perfect COMBO!
-  **Kick it UP!** One hour class packed with easy to follow kickboxing techniques! Build stamina, improve coordination and flexibility, burn calories as you build lean muscle with this fun and challenging workout!
- Morning RIDE:** GET FIT with this 45 minutes class. Burn calories, build muscle, improve endurance and relieves stress while you ride along with Gail!
-  **Power House: Back!** Mix it up with a challenging cycle spin then off to the gym for a guaranteed cardio burn of plyometrics and endurance drills. Burn lots of calories! We meet in the gymnasium!
-  **Restorative Yoga:** A gentle yoga class, using lots of props and modifications, designed to restore the mind, body and spirit. Ideal for those with chronic or acute injuries or conditions, anyone new to yoga, and anyone with joint or muscle issues. **Appropriate for pre/postnatal women.
-  **Spin plus TRX:** 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 under in one hour class!! This session will start in the Spinning Studio and then move to the Gymnasium.
- Splash:** Utilize water resistance to condition and tone the upper and lower body both simultaneously and insolation with punches, kicks and jogging drills. Develop cardiovascular endurance while having fun!
-  **Step it up NEW class:** Miss the wonderful benefits of a step class? Get your heart pumping with easy-to follow moves, ending with core and body resistance stretching.
-  **Tabata:** This 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. "It will jump your heart rate up pretty quickly," notes Lawton. Eight consecutive work-and-relax cycles go into a 4-minute round. Burn lots of calories with this amazing format!
-  **Workout Warrior: NEW outdoor class!** An energizing one hour "outdoors crossfit style" session. Cardio, weights and plyometrics. BURN, BURN, BURN lots of calories!
-  **Water Blast:** Use water's natural resistance to improve cardiovascular fitness & muscle tone. Intervals! We use the TABATA techniques to challenge your body!
-  **Weekend Wake Up:** A high-energy cardio blast that varies with each instructor designed to get your weekend started with conditioned and strength exercises.
-  **Yoga:** Yoga is an excellent way to stretch & strengthen the body, focus the mind, and relax the spirit.
-  **Yoga Flow:** Fluid yoga class linking poses together in a "Flow" type format. This class may incorporate the sun salute series with other yoga poses to maximize the body's ability.
-  **You YOGA:** A slow flow class offering a range of variations and modifications to suite each individual, tuning in with breath and inner connection.
-  **Zumba®:** Latin inspired dance-fitness class that incorporates Latin and international music and dance movement.
- Zumba® Toning:** Lightweight maraca-like Toning Sticks® enhances sense of rhythm and coordination, while toning target zones, including