




May

GYM SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Open Gym 5:30AM-8:15AM	Open Gym 5:30AM-9:00PM	Open Gym 5:30AM-8:15AM	Open Gym 5:30AM-9:00PM	Open Gym 5:30AM-8:15AM	Open Gym 7:00AM-5:00PM
POWERHOUSE 8:30AM-9:30AM -Stephen Closed Court		POWERHOUSE 8:30AM-9:30AM -Stephen Closed Court		POWERHOUSE 8:30AM-9:30AM -Stephen Closed Court	
Open Gym 9:45am-9:00pm	HCS Occupational Course of Study 12:15pm-1:30pm Closed Court	Open Gym 9:45am-4:15pm		HONEYBEES 10:00AM-11:00AM Closed Court 	
				Open Gym 11:15AM-4:15PM	
		4:30-5:30 PM TRX&Spin Lisa Court Closed		BOOT CAMP 4:30PM-5:30PM -Rotation Court Closed	
		POWERHOUSE 5:30-6:30PM -Jennifer Court Closed	5:00pm-7:00pm Full-Court Adult Pick Up Basketball	<div> <u>SUNDAY</u> 1:00PM—3:30PM ADULT PICK-UP BASKETBALL </div>	
Open Gym 9:45AM-9:00PM		Open Gym 7:15-9:00PM	Open Gym 7:15-9:00PM		



HAYWOOD
REGIONAL HEALTH & FITNESS CENTER

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.

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.

Interval Spin +Core: 30 minute spin class using interval sprints & climbs to burn maximum calories and increase overall metabolism+ 30 minutes of core workout. Two different formats under one hour class! This session will start in the spinning studio and then move to the Gym.

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 spinning studio and then move to the Gym.