





GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
X-TREME PUMP 9:00am – 10:00am Jennifer D.	X-TREME PUMP 5:45am – 6:45am Karen	TRX Interval Training 9:15am-10:15am Shannon	 YOGA 9:15am-10:15am Stephanie	Turbo Tone 5:45am-6:45am Grace	Pump it UP!! 9:00am-10:00am Pam
SILVER SNEAKERS Muscle Strength Range of Motion 10:30am – 11:30am Marsha	Strength, Tone, & More 9:15am – 10:15am Shannon	SILVER SNEAKERS Muscle strength Range of Motion 10:30am – 11:30am Marsha	PILATES 10:30am-11:30am Marsha	X-TREME PUMP 9:15am-10:15am Jennifer	
	 YOGA 10:30am – 11:30am Stephanie		ZUMBA 5:45pm-6:45pm Kelli		ZUMBA 10:15am-11:15am Kelli / Alex
MONDAY MUSCLE MIX 5:30pm – 6:30pm Pam		TOTAL TONING CORE, ABS, & GLUTES 5:30pm-6:30pm Dana	 POUND 6:45pm -7:30pm Kelli	SILVER SNEAKERS Muscle strength Range of Motion 10:30am – 11:30am Marsha	For More Information Call (828) 328-5949 www.spaathletic.com Mon – Fri 5:15a-9:00p Sat- 7:00a-3:00p Sun - Closed
ZUMBA 6:35pm – 7:35pm Kelli	 POUND 6:00pm -6:45pm Kelli			ZUMBA Beginner's/Low Impact 11:35am-12:35pm Simona	

X-TREME PUMP- This 60-Minute program challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight, inspire you to get results for you... and FAST!!!

Strength, Tone, & More- Segments of “heart healthy” cardio coupled with muscle strengthening and toning. Focuses on balance, flexibility, and coordination. Emphasis is placed on correct form to avoid injury and attain maximum results. Modified to ability levels.

Pump it UP!!!- This class does it all using the resist-a-ball, hand weights, resistance training, body bars, and a step to improve total body muscle strength and endurance. Designed for intermediate to advanced fitness levels but can be modified for beginners.

ZUMBA- High energy and motivation music with unique Latin dance style moves that tone and sculpt the body. Easy and fun to do!

Silver Sneakers Muscle Strength- Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with handheld weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

PILATES - Weights, strength, Pilates, and core. This class is designed using weights, bands, and balls to help develop lean muscle tone. All ages can benefit from this class.

Total Toning! Core, Abs, & Glutes- Gender friendly beginner to advanced class. 20-minute s of core, abs, and glutes and 40-mnutes of a mix of different programs and exercises. Hand towels, mats, bands, chairs, weights, etc. Will be incorporated into the class. JOIN US!

Turbo Tone- A 60-minute combination of Turbo Kick and strength training. We mix up our favorite high/low impact parts of Turbo with a few resistance exercises targeting the major muscle groups for an intense and effective workout! Beginner to advanced!

TRX Interval Training- This class integrates intervals of strength, abs, and glutes combined with TRX training. Come and join in on the fun!! Intermediate to advanced.

POUND- SWEAT. SCULPT. ROCK. A cardio jam session inspired by the energizing, sweat dripping fun of playing the drums!