

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>X-TREME PUMP</b> 9:00am – 10:00am Jennifer D.				<b>Turbo Tone</b> 5:45am-6:45am Grace	<b>Pump it UP!!</b> 9:00am-10:00am Pam
<b>SILVER SNEAKERS</b> Muscle Strength Range of Motion 10:30am – 11:30am Marsha	<b>Strength, Tone, &amp; More</b> 9:15am – 10:15am Rebeca	<b>SILVER SNEAKERS</b> Muscle strength Range of Motion 10:30am – 11:30am Marsha		<b>BODY BLAST</b> 8:00am-9:00am Rebeca	<b>ZUMBA</b> Dec 3, 17, & 31 10:15am-11:15am Kelli
			<b>PILATES</b> 10:30am-11:30am Marsha	<b>X-TREME PUMP</b> 9:15am-10:15am Jennifer	
<b>MONDAY MUSCLE MIX</b> 5:30pm – 6:30m Pam	<b>YOGA</b> 5:30pm-6:30pm Laura	<b>TOTAL TONING CORE, ABS, &amp; GLUTES</b> 5:30pm-6:30pm Rebeca	<b>YOGA</b> 5:00 pm-5:45 pm Laura	<b>SILVER SNEAKERS</b> Muscle strength Range of Motion 10:30am – 11:30am Marsha	For More Information Call ( 828) 328-5949 <a href="http://www.spaathletic.com">www.spaathletic.com</a> Mon – Fri 5:15a-9:00p Sat- 7:00a-3:00p Sun - Closed
<b>ZUMBA</b> 6:35pm – 7:35pm Kelli			<b>ZUMBA</b> 6:00 pm -7:00 pm Kelli	<b>ZUMBA</b> 11:40am-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 place 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!

**BODY BLAST-** Boot camp inspired class. Multiple stations, weight training, high calorie burn. Body Blast focuses on high intensity interval training using bodyweight exercises, dumbbells, steps, and so much more! ALL FITNESS LEVELS WECLOME!!!

**SCULPT F.I.T 45 BOOT CAMP-** Certified Personal Trainer led program with combinations of cross training movements to promote weight loss, while ensuring the form is correct. This program will boost metabolism & increase lean muscle mass, so you can burn body fat and lose inches quickly and effectively! (Classes are limited to 10) \*\*\*\$10.00 PER CLASS