

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Xtreme Pump**

9am to 10am

Karen

**The Journey Series:**

**Kick N The Core**  
1/9, 1/23

**Strip N The Core**  
1/2, 1/16, 1/30

10:05am – 11:05am  
Tricia

**TRX**

\* 5:15pm to 6:10pm

Tricia



6:35pm to 7:35pm

Sara

**Xtreme Pump**

5:45am to 6:45am

Karen

**CARDIO-N-Length-N-Strength**

8:05am – 9:00am

Tricia

**Facets of Fitness**

9:10am to 10:10am

Marsha

10:30am-11:30am

**YOGA**

Darlene

\*4:30pm-5:30pm

**HeisHin Bushidokai**

Ages 6-11 years old

Sensei Rick Hamby

\*5:30pm-6:30pm

**HeisHin Bushidokai**

Ages 12+ years old

Sensei Rick Hamby

**\*\* NEW CLASS \*\***

**CARDIO SCULPT**

**Platinum BuMs n AbS**

8:05am – 9:00am

Tricia



9:00 am to 10:00 am

Debbie

**Cardio Pump**

10:05am to 11:05am

Shannon

**TRX**

\* 5:15 pm to 6:10pm

Tricia



**KICKBOX**

6:40 pm to 7:35 pm  
Carie Ann

**Facets of Fitness**

9am to 9:50am

Marsha

10:30am-11:30am

**YOGA**

Darlene

\*4:30pm-5:30pm

**HeisHin Bushidokai**

Ages 6-11 years old

Sensei Rick Hamby

\*5:30pm-6:30pm

**HeisHin Bushidokai**

Ages 12+ years old

Sensei Rick Hamby



6:35 pm to 7:35pm

**Kettlebell/ Sculpted Body**

5:45am – 6:45am

Karen Foster



**Pilates & a Ball**

8:45am to 9:25am

Marsha

**Xtreme Pump**

Jennifer

9:30am–10:30am

**Pump it UP!!**

Pam

9:00am – 10:00 am



10:15am to 11:15am

Sara



February 14th

For Information Call  
828-328-5949  
www.spaathletic.com

\*denotes premium class,  
additional fee required

**Xtreme 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 the results you came for—and fast.

**Facets of Fitness -**

Segments of “Heart Healthy” cardio coupled with muscle strengthening and toning. Focuses on balance, flexibility, and coordination. This is a lighter paced workout that is perfect for beginners to intermediate fitness levels.

**Pilates & a Ball -**

Beginner’s level Pilates class focusing on core strength, flexibility, & lower back strengthening. A Great way for anyone starts Pilates!

**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.

**Gentle Yoga :**

Learn to practice yoga safely. Though geared towards new beginners & level 1 yogis; it also serves as an eye-opener for an advanced yogi who may explore this class afresh with a desire to relearn basics of mindfulness in correct posture; pose alignments and much more. Feel stress free, happy & stay energized throughout the day after each class. Swati focuses on breath in this total mind-body workout to enhance your yoga experience. (Drop-in: \$10/class per non-member)



High Energy & Motivating music with unique Latin dance style moves that tone & sculpt the body. Easy and fun to do!

A kick-box style cardio class that incorporates intervals and boot camp moves for a fast paced workout. High impact and low impact modifications are always demonstrated. Weights may be incorporated in some classes and class always wraps up with core work and stretch.

**Strip n’ the Core  
Kick n’ the Core**

A unique class designed to build strength & tone the entire body while incorporating the core muscles. Great for all fitness levels.

**Platinum BuMs n AbS**

Abdominal and Buttocks working for the swimsuit season.

**CARDIO-N-**

**Length-N -Strength**

Negative Muscle Strength Training with light weights, incorporated with intervals of cardio training.

**TRX**

Born in the US Navy SEALs TRX® Suspension Training® exercises build functional strength and endurance to develop peak military fitness no matter where you’re stationed. **Specialty Class: \$5 per Class.**

**Functional Group X**

The class will utilize the hottest trend in the fitness area right now...functional strength and fitness. This will include high intensity intervals combined with the TRX System and other total body resistance techniques. Class limited to 12 participates.

**CARDIO SCULPT**

Great workout for all levels that includes 60 min of cardio combined with sculpting lean muscles. Use your body weight resistance, hand weights, body bar, and resistance tubing to improve cardiovascular and strengthen all major muscle

groups. Come try it out!!!