









GROUP FITNESS SCHEDULE

*Class times/locations are subject to change without notice. Please call club for class confirmation.

MAY CLASSES

Updated 5.3.12*

All classes are FREE of charge unless otherwise noted

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FLETCHER (828) 653-1348		6:00 AM SPINNING Alan (45 mins)	 ZUMBA fitness	6:00 AM SPINNING Alan (45 mins)		8:30 AM SPINNING Alan
	5:15 PM SPINNING Alan (45 mins)	5:30 PM SPINNING Adam		5:30 PM SPINNING Alan		
	6:00 PM YOGA Allison	6:30 PM ZUMBA "Lo"	5:30 PM SPINNING Alan	6:30 PM ZUMBA "Lo"		
	6:15 PM SPINNING Adam (45 mins)					
HENDERSON VILLE (828) 692-7902	6:15 AM SPINNING Chip	NEW CLASSES COMING SOON!	6:15 AM SPINNING Chip	NEW CLASSES COMING SOON!		
	6:30 PM ZUMBA "Lo"		6:30 PM ZUMBA "Lo"			
FLAT ROCK (828) 692-1166		9:00 AM ZUMBA Anastasia		9:00 AM ZUMBA Anastasia	9:00 AM AEROBICS Katie	
ASHEVILLE (828) 277-1770		6:00 PM SPIN-TERVAL Kim		6:00 PM SPIN-TERVAL Kim		10:00 AM SPIN-TERVAL Kim

Interested in instructing at The Body Shop Fitness Center:
 Please forward inquires to:
mhoover@bodyshopgyms.com



Children's Playroom Hours:
 M-F: 9am - 12pm (Fletcher only)
 M-F: 4pm - 7:30pm (All clubs)
 Sat: 9am - 12pm (Fletcher & Asheville)
 Sunday: Closed (All clubs)
 Playroom is FREE at all locations!