

GROUP FITNESS SCHEDULE







SEPTEMBER CLASSES

Updated 9.1.10*

All classes are FREE of charge unless otherwise noted

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

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FLETCHER (828) 653-1348		6:00 AM SPINNING Alan (45mins)		6:00 AM SPINNING Alan (45mins)		8:45 AM SPINNING Alan (45mins)
			6:00 PM ZUMBA Renoo			
	5:30 PM SPINNING Alan (45 min)	5:30 PM SPINNING Kelly	6:00 PM YOGA McKenzie	6:00 PM SPINNING Kelly	 Labor Day	
	6:00 PM ZUMBA Renoo	6:30 PM ULTIMATE STEP Curtis	6:00 PM SPINNING Chip	6:30 PM ZUMBA Curtis		
	6:15 PM SPINNING Alan (45 min)					
HENDERSONVILLE (828) 692-7902	6:15 AM SPINNING Chip		6:15 AM SPINNING Chip			
		6:00 PM SPINNING Adam				
FLAT ROCK (828) 692-1166						
	6:00 PM TOTAL BURN/STEP & WEIGHTS Jennifer		6:00 PM TOTAL BURN Jennifer	6:00 PM TOTAL BURN/CIRCUIT CRAZE Jennifer		
ASHEVILLE (828) 277-1770	De-Stress With Our New Monday Evening Yoga Class Here At Our Asheville Club!					9:00 AM SPINNING/ TURN & BURN Paola/Pete
	NEW CLASS! 7:00 PM YOGA McKenzie		5:45 PM SPINNING/ TURN & BURN Paola/Pete	5:45 PM SPINNING/ TURN & BURN Paola/Pete		

Looking for certified instructors to teach High Intensity aerobic classes as well as Bootcamp style classes. Please forward inquires to: mhoover@mail.bodyshopgyms.com

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