



WEEKLY FITNESS CALENDAR

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	Strength & Cardio 8:45 a.m.	No Excuses 9:00 a.m.	Boot Camp 9:15 a.m.	Zumba 9:00 a.m.	Spin Power 9:00 a.m.	Power Pilates 9:00 a.m.
No Classes	Chair Aerobics 10:30 a.m.	Water Walking 9:00 a.m.	Aqua 10:15 a.m.	Water Walking 9:00 a.m.	Stretch & Flex 10:15 a.m.	
No Classes	Zumba Toning 6:00 p.m.	Yoga (all levels) 11:00 a.m.	Zumba 6:30 p.m.	Aqua Zumba 10:15 a.m.	Aqua 11:15 a.m.	
No Classes	Power Pilates 7:00 p.m.	Tri-Fit Blast 6:30 p.m.		No Surrender 6:15 p.m.		

Note: No Classes on Monday, Dec. 31st (NYE) or Tuesday, Jan. 1st (New Year's Day).

FITNESS CLUB HOURS

For more information about our classes or membership contact The Pineville Club at 919-553-1984 ext. 201

CLUB HOURS	KIDS CLUB HOURS	INDOOR POOL HOURS	INDOOR POOL HOURS FAMILY SWIM	OUTDOOR POOL HOURS
Monday - Thursday 5:30 a.m. - 9:00 p.m.	Monday - Thursday 8:00 a.m. - 12:30 p.m.	Monday - Thursday 5:30 a.m. - 9:00 p.m.	Monday - Friday 4:00 p.m. - 6:00 p.m.	CLOSED FOR THE SEASON.
Friday 5:30 a.m. - 6:00 p.m.	4:00 p.m. - 8:00 p.m.	Friday 5:30 a.m. - 6:00 p.m.	Saturday - Sunday 2:00 p.m. - 4:00 p.m.	
Saturday 8:00 a.m. - 6:00 p.m.	Friday 8:00 a.m. - 12:30 p.m.	Saturday 8:00 a.m. - 6:00 p.m.		
Sunday 12:00 p.m. - 6:00 p.m.	Saturday 8:00 a.m. - 12:30 p.m.	Sunday 12:00 p.m. - 6:00 p.m.		
	Sunday Closed			

FITNESS CLASS DESCRIPTIONS

Aqua: This workout is an excellent non-impact way to build strength, reduce body fat, and increase flexibility. Due to the constant resistance provided by the water all around you, virtually everything you do while you're in the water can be considered a fitness activity.

Aqua Zumba: A low intensity and low impact Zumba class held in the water!

Boot Camp: An exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

Chair Aerobics: A muscular strength and range of movement class combined with cardio segments using chair, weights, and bands designed to work the entire body from top to bottom.

No Excuses: A fun and fast moving circuit training class that involves intervals of aerobic and strength stations.

No Surrender: Similar to No Excuses but with unique and different aerobic and strength stations to provide a thorough body workout when paired up with No Excuses for the week.

Power Pilates: An energetic, fat burning barefoot class concentrating on activating, isolating & stabilizing deep core muscles while improving posture, flexibility, balance and overall strength.

Spin Power: A "cardio quickie" for the experienced athlete or a taste of our spinning class for those wanting to get their feet wet or new to spinning.

Strength & Cardio: This class is designed to push your endurance to the limit. Treadmills spin bikes, recumbent bikes, elliptical, weights, large balls, and bands can be used in this class layout.

Stretch & Flex: Gentle stretching exercises for all age groups. Bands, chairs & small balls are used in this gentle stretching class.

Tri-Fit Blast: A fast paced circuit-training class with a focus on the "Tri"- Arms, Core, and Legs. This highly effective workout will keep your heart thumping revving up your metabolism, as well as improving muscular strength and enhancing muscular definition. Every third class the circuit will change up, which will challenge your body, forcing it to adapt, improving your results.

Water Walking: This is a non-instructor- led indoor-pool workout providing an opportunity to get the level of workout you're looking for and at the pace you set.

Yoga: Suitable for almost all levels. Classes vary on a monthly basis. The first class of the month is dedicated to the restorative yoga. Please bring a towel to help cover studio props for greater relaxation.

Zumba: A Latin-inspired dance fitness class choreographed into fun, entertaining, heart pounding, and sweat producing workouts! Dance your way into shape while enjoying the music and movements from around the world!

Zumba Toning: Zumba Toning or Latin-inspired "Dance 'N Tone" program takes the original Zumba class to the next level with the addition of light weighted toning sticks or dumbbells. This class emphasizes muscle work, along with rhythms, providing a totally different way to incorporate weights into your workout! Zumba Toning is just the class to get the cardio "thrill" of Zumba, along with strength, using the addition of weights, but at a lower intensity.