



# WEEKLY FITNESS CALENDAR

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	<b>Strength &amp; Cardio</b>  9:00 a.m.	<b>No Excuses</b>  9:00 a.m.	<b>Boot Camp</b>  9:20 a.m.	<b>Water Walking</b>  9:00 a.m.	<b>Spin Power</b>  9:00 a.m.	<b>Power Pilates</b>  9:00 a.m.
No Classes	<b>Chair Aerobics</b>  10:00 a.m.	<b>Water Walking</b>  10:00 a.m.	<b>Aqua</b>  10:15 a.m.	<b>Zumba</b>  9:00 a.m.	<b>Stretch &amp; Flex</b>  10:00 a.m.	
No Classes	<b>Aqua Fitness</b>  11:00 a.m.	<b>Yoga</b>  10:30 a.m.		<b>Aqua Zumba</b>  10:15 a.m.	<b>Aqua</b>  11:00 a.m.	
No Classes	<b>Zumba Toning</b>  6:30 p.m.	<b>Power Pilates</b>  6:30 p.m.	<b>Zumba</b>  6:30 p.m.	<b>No Surrender</b>  6:15 p.m.		

## 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
<b>Monday - Thursday</b> 5:30 a.m. - 9:00 p.m. <b>Friday</b> 5:30 a.m. - 6:00 p.m. <b>Saturday</b> 8:00 a.m. - 6:00 p.m. <b>Sunday</b> 12:00 p.m. - 6:00 p.m.	<b>Monday - Thursday</b> 8:00 a.m. - 12:30 p.m. 4:00 p.m. - 8:00 p.m. <b>Friday - Saturday</b> 8:00 a.m. - 12:30 p.m. <b>Sunday</b> Closed	<b>Monday - Thursday</b> 5:30 a.m. - 9:00 p.m. <b>Friday</b> 5:30 a.m. - 6:00 p.m. <b>Saturday</b> 8:00 a.m. - 6:00 p.m. <b>Sunday</b> 12:00 p.m. - 6:00 p.m.	<b>Monday - Friday</b> 4:00 p.m. - 6:00 p.m. <b>Saturday - Sunday</b> 2:00 p.m. - 4:00 p.m. <b>Last Day- Memorial Day</b> Weekend on Friday <b>May 24<sup>th</sup></b>	Opens Memorial Day Weekend on Saturday <b>May 25<sup>th</sup></b> <b>Mon- Sat.</b> 10:00 a.m. - 8:00 p.m. <b>Sun.</b> 12:00 p.m. - 6:00 p.m.

## 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.

**Outdoor Xtreme -** A combination of speed, agility, core strength and muscular endurance circuits utilizing your bodyweight as resistance. Class is primarily held outdoors with optional Aqua Tabata circuits planned. Bring a swimsuit, towel and water and come prepared to sweat. Class is held indoors during inclement weather.

**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.

**Tag Team Tabata:** is structured as 20 sec. of work followed by 10 sec. of rest for 8 rounds with 1-minute recovery between rounds. *The intensity of each work move is self-driven.* In this class we will be using cards with exercises written on them. 1 class member will pick a card, read what exercises are to be done (4 exercises, repeat for 8) tag another "player" who will pick the next card during the 1:00 recovery time. This class is fun, blasts calories, and moves quickly giving you no time to get bored...  
Think of it as your FabFitF5465un™ box in workout form!

**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.