

• September Fitness Classes •

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|------------------------------------|------------------------|----------------------------------|------------------------|-------------------------|
| Morning Walk 7:30am | Morning Walk 7:30am | Morning Walk 7:30am | Morning Walk 7:30am | Morning Walk 7:30am | Aqua Aerobics 9:00am |
| Tai Chi 9:00 am | Aqua Aerobics 9:00am | Bootcamp 10:00am | Aqua Aerobics 9:00am | Tai Chi 9:00am | |
| HIIT Bootcamp 10:00am | Free Weight Training 10:00am | Yoga Flow 4:30pm | Balance & Movement 10:00am | | |
| Yoga Flow 4:30pm | Restorative Yin Yoga 4:30pm | | Mat Pilates 2:00pm | | |
| | Bootcamp 5:30pm | | | | |

Morning Walk - This walking group meets promptly at 7:30am either at the Legends on the Lake parking lot or at the Wellness Center depending on the season. This activity usually takes about an hour.

Aqua Aerobics - The instructor will begin the first 20-minutes of class focusing on cardio endurance, working not only the heart and lungs but all muscles of the body. Aqua Aerobics is also great for all-over toning, and improving your balance, and don't forget those vocals, they'll also be worked. The class meets at the indoor pool.

Tai Chi - Tai Chi is an internal Chinese martial art that is practiced for both defense training and its health benefits. This class will help improve your fitness level as well as your balance, circulation, muscular endurance, and most importantly your quality of life.

Free Weight Training - This class is focused on helping you get and stay strong. We will utilize free weights to challenge your upper body muscles. Resistance training does more than just make your muscles stronger though-- it can also boost your metabolism, improve your posture, mood, and much more.

HIIT (High-intensity Interval Training) - High-intensity bursts of workout with only short rest periods in between. HIIT training is great for all levels you will see results quickly and they will be noticeable. From beginners to advanced let's get that heart rate going!

Mat Pilates - Experience the joy of movement during a Pilates class! Pilates lengthens and strengthens muscles through intentional movement. Using body weight, this class will challenge your coordination and deep muscle usage.

Balance & Movement - This class is designed to help with balance and coordination for functional movement.

Bootcamp - Cardio, weights, bands, play, and stretching! Let's train together to get you in top shape for your favorite sport or just a walk on the beach! All levels welcome!

Yoga Flow - Yoga flow is great for cardio, strength, and flexibility! It connects the poses with the breath creating a continuous movement. This class incorporates intermediate poses that are optional.

Yin Yoga - A Yin yoga class usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body – the hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer.

Classes are complimentary with a Member Card – Lodging Guests are \$8 per class.

For more information, call 828.694.3005.



Wellness Center

*Fitness classes are subject to change without notice. Children under 16 are not permitted to use the fitness center. The Indoor pool and fitness center are available for members and lodging guests only. However, spa and salon services and mini-golf are always open to the Public.