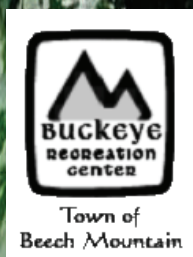


Contact Information:
 Phone: 828.387.3003
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 Website:

Buckeye Recreation Center February 2009 Fitness Schedule

Hours of Operation



Facility:

Monday-Saturday
 8:30am-8:30pm

Sunday
 12:00pm-6:00pm

Fitness Room
 Open
 24 Hours to all
 pass
 holders!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Pilates Spin Melissa 5:45pm 6:45pm	2 Zumba Brie 6:30pm	3 Zumba Brie 9:00am Pilates Spin Melissa 5:45pm 6:45pm	4 Cardio Pump Daniel 6:00-7:30	5 Zumba Brie 9:00am	6 Pilates Spin Yoga Melissa 9:00am 10:00am 11:00am Pickup Basketball 9—12pm
7	8 Pilates Spin Melissa 5:45pm 6:45pm	9 Zumba Brie 6:30pm	10 Zumba Brie 9:00am Pilates Spin Melissa 5:45pm 6:45pm	11 Cardio Pump Daniel 6:00-7:30	12 Zumba Brie 9:00am	13 Pilates Spin Yoga Melissa 9:00am 10:00am 11:00am Pickup Basketball 9—12pm
14	15 Pilates Spin Melissa 5:45pm 6:45pm	16 Zumba Brie 6:30pm	17 Zumba Brie 9:00am Pilates Spin Melissa 5:45pm 6:45pm	18 Cardio Pump Daniel 6:00-7:30	19 Zumba Brie 9:00am	20 Pilates Spin Yoga Melissa 9:00am 10:00am 11:00am Pickup Basketball 9—12pm
21	22 Pilates Spin Melissa 5:45pm 6:45pm	23 Zumba Brie 6:30pm	24 Zumba Brie 9:00am Pilates Spin Melissa 5:45pm 6:45pm	25 Cardio Pump Daniel 6:00-7:30	26 Zumba Brie 9:00am	27 Pilates Spin Yoga Melissa 9:00am 10:00am 11:00am Pickup Basketball 9—12pm
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Class Descriptions:

Pilates - Pilates is a "mind - body" connection class that focuses on mat work, stretching, core, and total body strengthening.

Spin - Spin is a high intensity cardiovascular indoor cycling class. Although beginners are welcome, this class isn't for the faint of heart!

Work It Circuit (WIC) - Featuring upbeat music with a mix of cardiovascular, aerobic moves, and toning exercises. Work It Circuit will get you in great shape!

Yoga - Yoga uses breathing techniques, stretching, physical exercises, postural adjustment, and meditation to improve your overall well being.

Quick Fit— Quick Fit is a short, intense, class designed to get you fit in no time! QF is scheduled conveniently at lunch time for working individuals, or those of you that just want to squeeze in a short, mid-day, workout.

Fusion— Do you love yoga, pilates, salsa, and zumba? Then fusion is the class for you! This class is a fusion of pilates, yoga, plyometrics, and dance inspired movements to increase muscular strength, flexibility, mental focus, and endurance.

Cycle - This is an indoor group cycling class designed with everyone in mind! It is low impact, fun and upbeat, and has a new challenge each class !

Ab Attack - Ab attack is a core and abdominal strengthening class sure to help you tone and strengthen your midsection.

Zumba - The new craze on Beech Mountain! Zumba is an upbeat Latin based dance class that incorporates dance moves and stretching to ensure you get a total body makeover!

Yogalates— Make the mind body connection with a combination of pilates and yoga. Focus on toning, strengthening, and stretching in a challenging but relaxing environment.

Body Works— This class is the ultimate fat burning combo incorporating segments of cardio, strength, and flexibility training.

Nutrition Night—Come to the BRC and learn how to eat and cook healthy. After learning how to prepare a healthy meal, you will get to indulge in your wonderful creation! Only 10 spots available!

UPCOMING PROGRAMS AND EVENTS

Beech Mountain Marathon

10 weeks, 10 Trails, 26 Miles

September 18th - November 20th

Buckeye Recreation Center Healthy Lifestyle's Program

The healthy lifestyle's program is an initiative to improve the health of our community and those throughout the high country. Healthy lifestyles is a personalized six week program designed to provide guidance, encouragement, coaching, and education to help participants achieve a healthier lifestyle and better quality of life. Anyone who needs assistance with making healthy lifestyle changes and getting on the path to leading a healthier life can benefit from this program.

