

Contact Information:
 Phone: 828.387.3003
 Email:
 dscagnelli@townofbeechmountain.com
 Website:
 www.townofbeechmountain.com

Buckeye Recreation Center July 2009 Fitness Schedule

Hours of Operation



Town of Beech Mountain

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
	Biggest Loser Participants may substitute FUSION and BODY-WORKS for Work It Circuit and Boot Camp.		1 Body Works Patience 10:00am	2 Cycle Ab Attack Daniel Turbo Kick Patience 6:00pm	3 Zumba Brie 9:00am Quick Fit Daniel 12:15pm Boot Camp Daniel 5:30pm	4 4th Of July Celebration!
5	6 Zumba Brie 9:00am Pick Up Bball 5:30pm Pilates Spin Melissa 5:45pm 7:00pm	7 Pilates Yoga Melissa 9:00am 10:00am Ab Attack Daniel 12:00pm	8 Pilates Spin Melissa 5:45pm 7:00pm	9 Pilates Yoga Melissa 9:00am 10:00am Cycle Ab Attack Daniel 11:00am 12:00pm	10 Zumba Brie 9:00am Quick Fit Daniel 12:15pm Boot Camp Daniel 5:30pm	11 Pilates Spin Yoga Melissa 9:00am 10:00am 11:00am Pickup Basketball 9am-12pm
12	13 Zumba Brie 9:00am Pick Up Bball 5:30pm Pilates Spin Melissa 5:45pm 7:00pm	14 Pilates Yoga Melissa 9:00am 10:00am Ab Attack Daniel 12:00pm	15 Body Works Patience 10:00am Pilates Spin Melissa 5:45pm 7:00pm	16 Pilates Yoga Melissa 9:00am 10:00am Cycle Ab Attack Daniel 11:00am 12:00pm Turbo Kick Patience 6:00pm	17 Zumba Brie 9:00am Quick Fit Daniel 12:15pm Boot Camp Daniel 5:30pm	18 Pilates Spin Yoga Melissa 9:00am 10:00am 11:00am Pickup Basketball 9am-12pm
19	20 Zumba Brie 9:00am Pick Up Bball 5:30pm Pilates Spin Melissa 5:45pm 7:00pm	21 Pilates Yoga Melissa 9:00am 10:00am Ab Attack Daniel 12:00pm	22 Body Works Patience 10:00am Pilates Spin Melissa 5:45pm 7:00pm	23 Pilates Yoga Melissa 9:00am 10:00am Cycle Ab Attack Daniel 11:00am 12:00pm Turbo Kick Patience 6:00pm	24 Zumba Brie 9:00am Quick Fit Daniel 12:15pm Boot Camp Daniel 5:30pm	25 Pilates Spin Yoga Melissa 9:00am 10:00am 11:00am Pickup Basketball 9am-12pm
26	27 Zumba Brie 9:00am Pick Up Bball 5:30pm Pilates Spin Melissa 5:45pm 7:00pm	28 Pilates Yoga Melissa 9:00am 10:00am Ab Attack Daniel 12:00pm	29 Body Works Patience 10:00am	30 Wellness 101 Lunch-eon Seminar 12:00pm Turbo Kick Patience 6:00pm	31 Zumba Brie 9:00am Quick Fit Daniel 12:15pm Boot Camp Daniel 5:30pm Nutrition Night! 6:30	



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.

Turbo Kick (TK) - This is a cardio focused class which combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Great for people of all ability levels!

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.

***Water Aerobics**— The complete water workout! Builds muscle, increases aerobic fitness, improves flexibility and helps control weight. All with ZERO impact on your joints! Great for anyone suffering from joint problems, arthritis, or any other degenerative issues. No swimming skills are necessary to attend this class. Water Aerobics classes will be held in two-six week sessions (6/6-7/11 & 7/18-8/8) at the Cedar Village indoor pool. Passes are \$50 per six week session. The class is limited to 10 participants. If the class is not full, day-of participation will be allowed for \$10 per session. Be sure to sign up early, these spaces will go fast!



Don't Miss the 2009 Biggest Loser Competition. Lot's of Great Prizes are up for grabs including a \$500 in clothes from Tanner Outlet, Multiple Gift Cards and Certificates, Free Personal Training, Exercise Equipment and much more!

For more information contact Daniel Scagnelli at:
dscagnelli@townofbeechmountain.com
 828.387.3003