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# Buckeye Recreation Center March 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
28	29  Pilates Spin Melissa 5:45pm 6:45pm	30  Zumba Brie 6:30pm	31 Zumba Brie 9:00am			



**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.

