CATAWBA VALLEY MEDICAL CENTER
FITNESS PLUS

Phone: 828.326.3680
Fax: 828.326.2101

Hours of Operation

Monday – Thurs	5:00am – 8:00pm
Friday	5:00am – 7:00pm
Saturday	7:00am – 2:00pm
Sunday	1:00pm – 5:00pm

*Aquatic Center closes 15 minutes before facility

2019 Group Exercise Class Schedule (rev 04.2019)

All classes are held in the Wellness Classroom in the building next door, unless otherwise stated

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
			No Classes	**Yoga Align** 9:00a-9:45a	**STRONG™ by Zumba®** 9:00a-9:45a
Yoga Align 10:00a-10:45a	**SilverSneakers® Circuit** 10:00a-10:45a	**Gentle A.M. Yoga** 10:00a-10:45a		**SilverSneakers® Circuit** 10:00a-10:45a	
Chair Yoga 11:00a–11:45a	**Balance Basics** 11:00a-11:45a			**Balance Basics** 11:00a-11:45a	
	Tai Chi 12:00p – 12:45p				
Body Burn 5:30p-6:15p	**Zumba** 5:30p–6:15p	**Metabolic Blast** 5:30p – 5:50p			
		Up FIT 6:00p – 6:30p			
	Yoga Ease 6:30p–7:15p				

Other Programs:

Heart Smart Nutrition Class: Learn how to eat a well-balanced diet that is low in cholesterol, saturated fat, and sodium, while promoting a healthy weight and lifestyle. Classes offered monthly in the Center for Rehabilitation Conference Room. Contact 828.326.2400 for registration, class times and additional information. **FREE**

Guided Training: This is a great option for individuals who need assistance setting up equipment and/or have a specific ailment that they need a plan for. A Trainer will take you through your program, providing you with motivation, information and the support you need to reach your goals. **FEE BASED SERVICES**

Personal Training/Small Group Training: When you hire a trainer, you take a step towards better health through fitness. Your Trainer will take you through your personally designed program, providing you with motivation, information and the support you need to reach your goals. **FEE BASED SERVICES**

Private Swim Lessons: Training by an experienced instructor to help infants (age 6 mo. +) up to adults gain swimming skills. Sessions are 30 minutes in length. FEE BASED SERVICES.

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