CATAWBA VALLEY MEDICAL CENTER
FITNESS PLUS

Phone: 828-326-3680
Fax: 828-326-2101

Hours of Operation

Monday – Thurs	5:30am - 8:30pm
Friday	5:30am - 7:30pm
Saturday	7:00am - 2:00pm
Sunday	1:00pm – 5:00pm

*Aquatic Center closes 15 minutes before facility

2017 Group Exercise Class Schedule

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
					STRONG by Zumba® 9:00a-9:45a
Yoga Align 10:00a-10:45a	**SilverSneakers® Circuit 10:00a-10:45a**	**Yoga Stretch 10:00a-10:45a**	No Classes	**SilverSneakers® Circuit 10:00a-10:45a**	
Chair Yoga 11:00a–11:45a	**SilverSneakers® Classic 11:00a-11:45a**			**SilverSneakers® Classic 11:00a-11:45a**	
		Ab Blast 5:15p-5:30p			
Body Burn 5:30p-6:15p	**Zumba 5:30p–6:15p**	**Boot Camp 5:30p-6:00p**			
	Yoga Sculpt 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 326-2400 for registration, class times and additional information. **FREE**

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: Education and training by an experienced instructor to help infants (age 6 mo. +) up to adults gain swimming skills. Sessions are 30 minutes in length and may include up 3 participants. **FEE BASED SERVICES.**

22 YEARS
MEDICAL FITNESS ASSOCIATION

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