

THE RUSH HENDERSONVILLE ROAD: SPIN/CYLE STUDIO CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Kristi				8:00 am - 9:20 am Kick
8:30 AM			Katie			
9:30 AM	Rick (60)	Jeannie			Jolene	Katie (60)
5:30 PM					Kristi	
6:00 PM	Kristi	Kristopher	Jen	Kristopher		

GX ROOM CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	 Susan & Kiana					
8:30 AM	*8:15 Yoga (60) Donna	Nia Dance Maureen		*8:15 Yoga (60) Donna	Nia Dance Maureen	
9:30 AM	Circuit Jolene	RUSH POWER Katie	Step/Sculpt Julie R.	Zumba Sheila	RUSH POWER Natalie	Kickbox Maureen
10:30 AM	Total Body (Boomers & Beyond) Tayo	Abs (20 min) Katie	Zumba Teri	Toning (25) Sheila	Zumba Natalie	RUSH POWER Susan
11:30 AM	Zumba Sheila		Lo-impact Cardio Teri			All Rush Power X classes are 60 minutes, GX classes are 50 minutes and Spin/Cycle classes are 45 minutes unless otherwise indicated. Please bring your own mat for yoga classes. <div style="text-align: right; margin-top: 10px;"> </div>
4:30 PM		Sculpt Kathy		Zumba Natalie		
5:00 PM			Step Kathy			
5:30 PM	Abs (20 min) Kristi	Express Step (25) Kathy		Cardio Dance (25) Katie		
6:00 PM	RUSH POWER Kianna	RUSH POWER Susan & Maura	Zumba Sheila	RUSH POWER Katie		
7:00 PM		7:10 PM Zumba Audra	Abs (20 min) Jen	7:10 PM Zumba Audra		

MIND/BODY STUDIO CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM		Yoga Vonda	Yoga Alex	Gyrokinesis Leslie O.		Yoga Cindy
10:30 AM		Pilates Leslie O.				
11:30 AM						11:30 am Yoga Cindy
4:30 PM	Kids Class (Ages 6 - 12) Tim		Kids Class (Ages 6 - 12) Tim			Check out the printable schedules on the Web at www.therush247.com . Click on the "Classes & Events" link. <p>Questions? Comments? Contact kblankenship@therush247.com</p>
5:30 PM		Yoga Alex	Pilates Leslie O.			
6:00 PM	*6:00 Yoga Salley	*6:30 Yoga Marilynn		*6:00 Yoga Alex		
6:30 PM	Yoga Alex			Tai chi Mark		
7:00 PM						

POOL CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
9:30 AM				Water Works Kristine		Kid Care Hours Monday-Friday: 8am-1pm & 3:00-9:00pm Saturday: 9:00am-3:00pm Sunday: 1:00-4:00pm
10:30 AM		Water Works Kristine				
11:30 AM						
12:30 PM						
3:00 PM						
5:00 PM	Fitness Swim Anna					
6:00 PM	Water Works Anna	Water Works Sandi		Water Works Sandi		
7:00 PM		Water Works Sandi				

Effective as of 2/2010. Classes are subject to change. Please call the Rush to see if classes are being held on a regular schedule in case of inclement weather.



Asheville RUSH Fitness Complex Exercise Class Descriptions



Cardio

Dance Classes

- **Zumba**—The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.
- **Cardio Dance**- Line dancing and other dance moves will keep you dancing your way to fitness.
- **Hip Hop** -- Learn the most up to date dance moves while getting down and letting loose.
- **Belly Dance**- Work many muscles while you sway and sashay. It's soft for the joints, yet very energetic.
- **Nia Dance** - A creative cardiovascular workout for all fitness levels, Nia blends Dance with elements from the Martial Arts & Healing Arts. Dance meets Kick-boxing meets Yoga.

Drills Classes—minimal rhythm/coordination needed!

- **Circuit Training**—Total body workout plus cardio at different exercise stations.

Step Classes—using Step bench

- **Step Sculpt**—Step choreography & drill work combined with muscle conditioning for a tough all-around workout.
- **Step**—A pure step class with lots of moves using the bench.

Kickboxing Classes

- **Kickbox**—Kickboxing drills and choreography for an intense cardio workout.
- **Turbokick** – Fusion of hip hop and kickboxing for the hottest cardio kickbox class around.

Total Body – Just as it sounds. Get a total body workout, incorporating cardio and strength. Also, try a special low impact class or classes designed for Baby Boomers and beyond.



Muscular Strength & Endurance

- **Abs**—Core muscle work—concentrating on strengthening the abdominal, lower back muscles
- **Sculpt**—A strength class using a variety of equipment for a total body workout.
- **Rush Power X**—Rush Power X is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Rush Power X is for all ages and fitness levels. Discover results, discover Rush Power X!



Cycling

- **Spin Cycle**—Stationary cycling at its best. Legs, heart, & mind get a challenge as we pedal the miles (and hills!)



Mind/Body

- **Pilates**—Work on your balance, strength, & core control with this amazing class. You'll have to take it to believe!
- **Yoga**—Stretch & move your way to better health with our classic fitness yoga class. Instructors may incorporate various yoga styles and movements into the class experience.
- **Power Yoga**-moves through the poses fast. Not for beginners.
- **Tai chi** - A form of modern martial arts incorporating the practice of Qigong, Taiji, and Gong Fu. Train for health, sport, and self-defense using functional associations with natural movements.
- **Gyrokinesis**-Work on the entire body through seven natural elements of spinal movement, making exercises appear and feel more like a dance and swimming than like traditional yoga.



Water

- **Water Works**—Work your cardiovascular system & muscles with a powerful water aerobics workout. Great for a lower impact workout.
- **Fitness Swim**- Swim for fitness! You haven't been through a workout until you've tried it in the water! This is a cardiovascular workout incorporating lap swimming and endurance using various strokes and medley formats. Great for triathlon training, competitive swimming, or to push yourself to new levels in the water.

Class Cancellation Policy: Classes may be canceled at any time due to weather or unexpected events even when The Rush remains open. Please call to see if your favorite class is still being held during periods of inclement weather during the winter months.