

# Blue Ridge Fitness & Rehabilitation

## April Schedule

828.678.3488

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Body Sculpting 8:00 - 8:30am	Pump it Up 8:30 - 9:30am	Body Sculpting 8:00 - 8:30am	Pump it Up 8:30 - 9:30am	Body Sculpting 8:00 - 8:30am
Fun & Easy Aerobics 9:00 - 9:45am	Tuesdays with Ruth Pope 9:50 - 11:10am Yoga, Pilates, Weights	Fun & Easy Aerobics 9:00 - 9:45am	Yoga 9:30am	Fun & Easy Aerobics 9:00 - 9:45am
Gentle Stretching 10:00 - 10:45am TaiChi/Yoga	Senior Fit 10:15 - 11:00am	Gentle Stretching 10:00 - 10:45am TaiChi/Yoga	Senior Fit 10:30 - 11:00am	Gentle Stretching 10:00 - 10:45am TaiChi/Yoga
Silver Sneakers I Fitness Program 11:00 - 11:45am		Silver Sneakers I Fitness Program 11:00 - 11:45am		Silver Sneakers I Fitness Program 11:00 - 11:45am
Women on Weights 12:15 - 12:45pm <b>NEW!</b>	Family Fit 3:15 - 4:00	Women on Weights <b>NEW!</b> 12:15 - 12:45pm	Family Fit 3:15 - 4:00	Women on Weights 12:15 - 12:45pm <b>NEW!</b>
Family Fit 3:15 - 4:00	Pilates 4:00 - 5:15		Pilates <b>NEW!</b> 4:45 - 5:15	
Women on Weights 12:15 - 12:45pm <b>NEW!</b>	Cardio Circuit 5:15 - 5:45			<b>SATURDAY CLASS</b>
Step Reebok 5:45 - 6:30pm	Wally Ball 5:00 - 8:00	Body Sculpting 5:45 - 6:30pm	Step Reebok 5:45 - 6:30	Starting in April Cardio Circuit 9:00am - 10:00am
Boot Camp <b>NEW!</b> 6:45 - 7:30	Boot Camp <b>NEW!</b> 6:45 - 7:30		Boot Camp <b>NEW!</b> 6:45 - 7:30	Step Reebok 5:45 - 6:30pm

**New Member Orientation**  
**We request that members make an appointment during these times:**  
**Monday**  
**10:00-10:30am**  
**4:00-4:30pm**  
**Thursday**  
**10:30-11:00am**  
**4:00-4:30pm**

**For free weight orientation please make an appointment with Greg Webb**