

FITNESS MENU



PERSONALIZED FITNESS

Individual

25-Min. Ind. PT, Pilates, or Yoga.....	\$45
40-Min. Ind. PT, Pilates, or Yoga.....	\$60
55-Min. Ind. PT, Pilates, or Yoga.....	\$75

Couples (2 people)

25-Min. Ind. PT, Pilates, or Yoga.....	\$60
40-Min. Ind. PT, Pilates, or Yoga.....	\$75
55-Min. Ind. PT, Pilates, or Yoga.....	\$90

Group Training (3-6 people)

25-Min. Ind. PT, Pilates, or Yoga.....	\$70
40-Min. Ind. PT, Pilates, or Yoga.....	\$85
55-Min. Ind. PT, Pilates, or Yoga.....	\$100

AIS (Active Isolated Stretching)

25-Min. AIS.....	\$75
40-Min. AIS.....	\$100
55-Min. AIS.....	\$125

Other Training Services


45-Min. Private Class (8 people).....	\$100
55-Min. Private Class (8 people).....	\$125
Guest Fee for Fitness Barn Usage (per day).....	\$5
Guest Fee for Fitness Class (per class, per day).....	\$15

CONTACT

 828.743.7934

 Fitness Barn

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 lonesomevalley.com

FITNESS SCHEDULE

6/20 - 7/2

MONDAY 6/20	TUESDAY 6/21	WEDNESDAY 6/22	THURSDAY 6/23	FRIDAY 6/24	SATURDAY 6/25
9:00am 15/15/15 45 min. All Levels	8:00am Kickboxing & Sculpt Remix 45 min. All Levels 10:30am Yoga for a Healthy Back 60 min. All Levels	10:30am Cycle 45 min. All Levels	2:00pm Total Body Stretch 45 min. All Levels	10:00am Fitmoves 45 min. Intermediate +	10:30am Total Body Strength 45 min. All Levels 11:30am Yoga 60 min. All Levels

MONDAY 6/27	TUESDAY 6/28	WEDNESDAY 6/29	THURSDAY 6/30	FRIDAY 7/1	SATURDAY 7/2
9:00am 15/15/15 45 min. All Levels 2:00pm Sports Stretch 30 min. All Levels	10:30am Yoga for a Healthy Back 60 min. All Levels 3:00pm Arms & Abs 45 min. All Levels	10:30am Fitmoves 45 min. Intermediate + 12:00pm Total Body Stretch 45 min. All Levels	10:30am Express Cycle 30 min. All Levels 2:00pm Stretch & Release 45 min. All Levels	10:00am HIIT TRX 45 min. Intermediate + 10:30am HIIT TRX 45 min. Intermediate + 2:00am Total Body Stretch 45 min. All Levels	8:00am Total Body Strength 45 min. All Levels 11:30am Yoga 60 min. All Levels

FITNESS SCHEDULE

6/27 - 7/9

MONDAY 6/27	TUESDAY 6/28	WEDNESDAY 6/29	THURSDAY 6/30	FRIDAY 7/1	SATURDAY 7/2
<p>9:00am 15/15/15 45 min. All Levels</p> <p>2:00pm Sports Stretch 30 min. All Levels</p>	<p>10:30am Yoga for a Healthy Back 60 min. All Levels</p> <p>3:00pm Arms & Abs 45 min. All Levels</p>	<p>10:30am Fitmoves 45 min. Intermediate +</p> <p>12:00pm Total Body Stretch 45 min. All Levels</p>	<p>10:30am Express Cycle 30 min. All Levels</p> <p>2:00pm Stretch & Release 45 min. All Levels</p>	<p>10:00am HIIT TRX 45 min. Intermediate +</p> <p>10:30am HIIT TRX 45 min. Intermediate +</p> <p>2:00am Total Body Stretch 45 min. All Levels</p>	<p>8:00am Total Body Strength 45 min. All Levels</p> <p>11:30am Yoga 60 min. All Levels</p>

MONDAY 7/4	TUESDAY 7/5	WEDNESDAY 7/6	THURSDAY 7/7	FRIDAY 7/8	SATURDAY 7/9
<p>9:00am Total Body Strength 45 min. All Levels</p> <p>2:00pm Hike & Outdoor Stretch 2 Hours All Levels</p>	<p>10:30am Yoga for a Healthy Back 60 min. All Levels</p>	<p>10:30am Ball Blast 45 min. All Levels</p>	<p>9:00am 15/15/15 45 min. All Levels</p>	<p>10:00am Fitmoves 45 min. Intermediate +</p>	<p>11:30am Yoga 60 min. All Levels</p>

Fitness Class Descriptions

Total Body Strength - This low impact, total body strength training class uses a variety of equipment to help build and tone muscle, increase bone density, and improve your metabolism.

15/15/15 - During this class, we will focus on 15-minutes of cardio, 15-minutes of strength training, and 15-minutes of core and stretch.

Cycle - This ride will simulate varied terrain as you tackle rolling hills, sprints, and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals.

Yoga - This class is focused on movement to help enhance the body's strength, stability, and mobility.

Fitmoves - This class is for intermediate to advance fitness enthusiast and incorporates high intensity interval training (HIIT) through the use of the agility ladder, followed by strength training stations. During this challenging class, you will burn calories, boost your metabolism, and test your athletic abilities.

Yoga for a Healthy Back - This class is designed to cultivate optimal spinal health, posture, and comfort. Alignment-based Yoga postures will be taught to create stability and space in the hips and spine, strengthen the core, as well as relieve tension in the back, neck, and shoulders.

Arms & Abs - This class will focus on sculpting the arms with targeted exercises for the triceps, shoulders, biceps, & upper back. Exercises to strengthen and tone your core and low back will be incorporated.

Stretch & Release - This relaxing class teaches a variety of stretches and self-myofascial release techniques to help improve overall flexibility, mobility, and posture; making daily tasks easier and safer.

Kickboxing & Sculpt Remix - This relaxing will have you punching and kicking your way into shape with a combination of kickboxing, cardio movements, and strength training exercises. You'll build lean muscle and burn fat in the ultimate workout that'll leave you feeling strong and confident.

Total Body Stretch - This class is designed for anyone looking to improve their overall flexibility and body awareness.

Sports Stretch - Simple, athletic based stretching that will elongate tight muscles and reduce the risk of injury. Using several methods of stretch (static, PNF, dynamic), you'll listen to upbeat, popular music and give your body the benefit of stretching without the mind/body feel.

Express Cycle - A 30-minute high intensity interval style cycling class. This class is a great cardiovascular workout, incorporating hill climbs, sprints, and many other challenging drills and exercises.

HIIT TRX - A cardio-intensive class that incorporates plyometric drills with intervals of TRX power, resistance, and core training. This workout is designed to boost the body's metabolism incorporating intervals of high and low intensity cardio moves with resistance exercises. This format uses medicine balls, stability balls, or a person's own body weight to raise and lower the heart rate as well as increase muscle mass.

Ball Blast - This workout is designed to boost the body's metabolism incorporating intervals of high and low intensity cardio moves with resistance exercises. This format uses medicine balls, stability balls, or a person's own body weight to raise and lower the heart rate as well as increase muscle mass.

Hike & Stretch - During this class we will hike to Canyon's End from the Fitness Center, stretch in the clearing, and then hike back. Participants may want to bring a towel for ground stretches.