

# GROUP FITNESS CLASS SCHEDULE



POWERED BY iWELL

**BURLESON**

## JANUARY 2021

	TIME	CLASS	INSTRUCTOR	DURATION	
<b>MONDAY</b>	8:45 AM	Aqua	Jodi	45 minutes	<b>HOLIDAY HOURS</b> New Year's Day January 1 <sup>st</sup> CLOSED
	9:00 AM	Gentle Yoga	Amanda	50 minutes	
	10:30 AM	Zumba Gold	Jackson	50 minutes	
	4:45 PM	Upper Body Fitness	Sheri	30 minutes	
<b>TUESDAY</b>	7:30 AM	Barre	Jess	30 minutes	After January 7 <sup>th</sup> , there will no longer be Thursday evening Zumba classes
	8:20 AM	Mash-up	Sheri	45 minutes	
	8:45 AM	Aqua	Jodi	45 minutes	
	10:00 AM	Zumba Gold	Akiko	50 minutes	
	11:30 AM	Silver Sneakers Classic	Ronnie	50 minutes	
	4:30 PM	Cycle & Stretch	Sheri	50 minutes	
	6:00 PM	Zumba	Jackson	50 minutes	
<b>WEDNESDAY</b>	8:00 AM	TBC	Amanda	50 minutes	<b>GYM GUIDELINES</b>  Screening required when entering the facility
	8:45 AM	Aqua	Jodi	45 minutes	
	9:00 AM	Yoga	Amanda	50 minutes	
<b>THURSDAY</b>	7:30 AM	Sunrise Yoga	Jess	50 minutes	Use hand sanitizer when entering/exiting the facility  6 ft distancing required in the facility
	8:30 AM	TBC	Amanda	50 minutes	
	9:00 AM	Aqua	Ronnie	50 minutes	
	9:30 AM	Chair Yoga	Sheri	45 minutes	
	10:45 AM	Silver Sneakers Classic	Ronnie	50 minutes	
	6:00 PM	Zumba (Jan. 7 <sup>th</sup> only)	Jackson	50 minutes	
	<b>FRIDAY</b>	8:00 AM	Express Bootcamp	Sheri	
9:00 AM		Cycle & Stretch	Sheri	50 minutes	
9:00 AM		Aqua	Ronnie	50 minutes	
<b>SATURDAY</b>	9:00 AM	Zumba	Jackson	50 minutes	Wipe down equipment after each use

Kid Care and Café  
closed

Follow us on **FACEBOOK** for updates, tips and much more!

### HOURS OF OPERATION:

Monday-Thursday: 5am-9pm  
Friday: 5am-6pm  
Saturday: 8am-1pm  
Sunday: 1pm-4pm

### LOCATION:

2750 SW Wilshire Blvd.  
Burleson, TX 76028  
817.782.8080

## **Group Fitness Class Descriptions**

**AQUA (50 min)** A non-impact class performed in shallow water that focuses on range of motion, balance, coordination, strength, and flexibility. Perfect for those who are looking for a low impact solution to your fitness goals!

**BARRE (30 min)** We mix elements of Pilates, ballet, yoga, and cardio to sculpt, slim, and stretch your entire body. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls, bands, and small hand weights to lift, tone, and burn!

**CHAIR YOGA (50 min)** Grab a chair and improve your strength, flexibility, balance, and posture. This class is geared to those looking for a yoga class without the floor work. Great for those who are transitioning from Cardiac Rehab or Physical Therapy.

**CYCLE & STRETCH (50 min)** Work up a sweat cycling for the first 30 minutes, followed by a deep stretch for the remainder of class. A fitness center favorite!

**EXPRESS BOOTCAMP (30 min)** Circuits that are geared to make you sweat, lose weight, tone your body, and have fun. Anything is game with these circuits, plus they are suitable for all fitness levels.

**EXPRESS CYCLE (30 min)** Pedal your way through an indoor cycling class that will sculpt your muscles and generate a serious sweat. Great music with a mix of hills and sprints, that will get your heart pumping and burn a ton of calories.

**MASH-UP (45 min)** Variable-Intensity Interval Training is the new HIIT! Whether you are new to exercise or you are an athlete looking for a challenge, then you've come to the right class! We combine Mind/Body, Agility & Strength, and High-Intensity Intervals specific to 3 levels of fitness. All are welcome to participate.

**SILVER SNEAKERS CLASSIC (50 min)** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**TBC-TOTAL BODY CONDITIONING (50 min)** Improve your athletic capability with this head to toe workout. Total Body Conditioning offers strength and conditioning with intense cardio intervals.

**UPPER BODY FITNESS (30 min)** Workouts consist of strength training exercises for the upper body and core muscles. You will utilize free weights, medicine balls, resistance bands, and body weight exercises to improve your strength and tone the upper body.

**YOGA, SUNRISE YOGA AND GENTLE YOGA (50 min)** Designed to enhance vitality and a sense of well-being, this workout will help participants gain improved flexibility, balance, strength, and posture. These classes may borrow from various yoga disciplines.

**ZUMBA (50 min)** Zumba is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, cumbia, merengue and more.

**ZUMBA GOLD (50 min)** Perfect for active adults who are looking for a modified, low impact dance class that recreates the original moves you love at a lower intensity.