

# GROUP FITNESS CLASS SCHEDULE

	Time	Studio	Class	Instructor	Duration
<b>MONDAY</b>	8:00 AM	Gym	*TONE*	Becky	45 mins
	8:15 AM	3	Step	Carol	50 mins
	9:30 AM	3	Young at Heart	Sadie	55 mins
	10:00 AM	Pool	Aquacise	Carol	45 mins
	11:00 AM	Pool	*MS*	Becky	45 mins
	11:30 AM	2	Silver Sneakers Yoga	Theresa	45 mins
	12:00 PM	Pool	*ABCS*	Becky	45 mins
	5:00 PM	Gym	HIIT	Tyler	50 mins
	5:00 PM	3	Tabata	Elaine	45 mins
<b>TUESDAY</b>	7:00 AM	2	Yoga	Theresa	60 mins
	8:00 AM	Pool	HydroMAX	Martha A	45 mins
	8:30 AM	3	Young at Heart	Sadie	55 mins
	9:30 AM	2	Pre-Pilates	Sadie	60 mins
	11:00 AM	Pool	Aqua Zumba	Kristi	45 mins
	11:45 AM	3	Balance, Core & Stretch	Theresa	50 mins
	2:00 PM	2	Silver Sneakers Classic	Martha A	45 mins
	4:15 PM	3	Barre	Martha A	45 mins
5:00 PM	2	Yoga	Serina	60 mins	
<b>WEDNESDAY</b>	8:00 AM	Gym	*TONE*	Becky	45 mins
	8:15 AM	3	Step	Carol	50 mins
	9:15 AM	2	Total Body Conditioning	Theresa	45 mins
	9:30 AM	3	Zumba Gold	Nancy	60 mins
	10:00 AM	Pool	Aquacise	Carol	45 mins
	11:00 AM	Pool	*MS*	Becky	45 mins
	11:30 AM	2	Silver Sneakers Yoga	Theresa	45 mins
	12:00 PM	Pool	*ABCS*	Becky	45 mins
	5:00 PM	3	Tabata	Elaine	45 mins
<b>THURSDAY</b>	7:00 AM	2	Yoga	Theresa	60 mins
	8:00 AM	Pool	HydroMAX	Martha A	45 mins
	8:30 AM	3	Young at Heart	Sadie	55 mins
	9:30 AM	2	Pre-Pilates	Theresa	60 mins
	11:00 AM	Pool	Aqua Zumba	Kristi	45 mins
	11:45 AM	3	Balance, Core, & Stretch	Kristi	50 mins
	2:00 PM	2	Silver Sneakers Classic	Theresa	45 mins
	5:00 PM	2	Yoga	Theresa	45 mins
	5:00 PM	Gym	HIIT	Tyler	50 mins
<b>FRIDAY</b>	8:15 AM	3	Step	Carol	50 mins
	9:30 AM	3	Zumba Gold	Nancy	60 mins
	9:30 AM	2	Pre-Pilates	Theresa/Sadie	60 mins
	10:00 AM	Pool	Aquacise	Carol	45 mins
	11:30 AM	2	Silver Sneakers Yoga	Theresa	45 mins
	5:00 PM	2	Yoga	Serina	60 mins
<b>SATURDAY</b>	9:00 AM	Pool	Aquacise	Carol	45 mins
	9:00 AM	2	Yoga	Angelica/Valerie	60 mins

**Hours Of Operation:****Address & Phone:**

Monday - Thursday 6:00 AM to 7:00 PM

Friday 6:00 AM to 6:00 PM

Saturday 8:00 AM to 1:00 PM

Sunday CLOSED

5721 Phoenix Drive

Dallas, TX 75231

(214) 345-4625

**Miscellaneous Information**

Use fitness center entrance. Screening required upon entry. Mask required when entering/exiting, when in common areas. Use hand sanitizer when entering/exiting the facility. Wipe down equipment after use. Bring towel/water. **\*Small group personal training classes that incur a monthly fee\***

**Group Ex Class Descriptions**

**Barre** - Barre class mixes elements of Pilates, yoga and functional training with music. You will use the barre and exercise equipment such as small hand weights and resistance bands to sculpt, slim and stretch your entire body.

**Balance, Core & Stretch** Challenge yourself and bring balance to your workouts. This 45-minute class focuses on balance exercises and core muscle recruitment to ensure you have all the strength and stability to continue living an active and healthy life. The last 10 minutes of each class will focus on stretching.

**Pre-Pilates & Pilates** – Increase core strength and stability while focusing on and improving breathing techniques to recondition the body from inside out. Depending on class, it may incorporate a variety of equipment.

**Step** - Increase cardiovascular fitness using creative choreography and an adjustable step platform. Challenging, fun and expressive class will keep you moving! Abs and stretching are included.

**SilverSneakers® Classic** – 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers® Yoga** - Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity

**Tabata** – fast-paced, interval cardio and strength (20 seconds work:10 seconds rest) class that lasts 45 minutes.

**TBC – Total Body Conditioning** – This class is a mixture of core and stability training using a variety of equipment to help sculpt and define the total body. All levels welcome.

**Yoga** – A transformational life practice that can help improve physical fitness, flexibility, range of motion and balance, as well as mental clarity, stress management and overall well - being. Classes based on traditional Hatha Yoga.

**Young at Heart** – Low impact class for those who are “young at heart.” This is a safe and effective class for anyone interested in low impact exercise.

**Zumba Gold** – Latin and International dance rhythms modified for any population

**HIIT** – High-intensity interval training exercises increases fat oxidation during exercise, it also rises post-exercise expenditure and fat utilization, compared with lower-intensity continuous training. Suitable for all levels.

**▲ Personal Training Classes Additional Fee & registration required**

**Tone** – Small group personal training class uses weight machines, dumbbells, bands, balls & more!

**ABCS (Aqua)** - Class is limited to 8 participants. Exercises are performed to help with balance, core strength, and strengthen the total body. Some Equipment may be used.

**Multiple Sclerosis (Aqua)** – Specifically designed for those individuals with Multiple Sclerosis or Parkinson’s

**Aquatic Class Descriptions**

**Aquacise** – Resistance changes as your body moves through water creating turbulence, currents and drag. Instructor's then add equipment to increase the workload. This strengthens muscles and improves cardiovascular function.

**Aqua Zumba** - “Pool Party” workout for all ages! This fun and challenging workout integrates Zumba into traditional aqua fitness disciplines.

**HydroMax** - A moderate to intense aqua workout that covers all the major components of exercise: Strength, cardio, flexibility, endurance, stamina, speed and agility. You will get your hair wet!