

GROUP FITNESS CLASS SCHEDULE

January 2021

	TIME	CLASS	INSTRUCTOR	DURATION
MONDAY	8:00 a.m.	NEAT Virtual Only	Karen	60 mins
	11 a.m.	Lifestyle Conditioning	Robyn	60 mins
	12:15 p.m.	NEAT Members Only	Robyn	60 mins
	5 p.m.	Power Pump	Karen	60 mins
TUESDAY	TIME	CLASS	INSTRUCTOR	DURATION
	11 a.m.	Balance, Core & Stretch	Karen	60 mins
	2:30 p.m.	NEAT Virtual Only	Sandy	60 mins
	5 p.m.	Body Blitz	Virginia	60 mins
WEDNESDAY	TIME	CLASS	INSTRUCTOR	DURATION
	8:00 a.m.	NEAT Virtual Only	Karen	60 mins
	9:30 a.m.	SilverSneakers	JR	60 mins
	11 a.m.	Low Impact	Robyn	60 mins
	12:15 p.m.	NEAT Members Only	Robyn	60 mins
	4:30 p.m.	Cycle	Karen	60 mins
	5:00 p.m.	Power Pump	Virginia	60 mins
THURSDAY	TIME	CLASS	INSTRUCTOR	DURATION
	11:30 a.m.	Yoga	Vicky	60 mins
	2:30 p.m.	NEAT Virtual Only	Sandy	60 mins
FRIDAY	TIME	CLASS	INSTRUCTOR	DURATION
1:00 p.m.	NEAT Members Only	Sandy	60 mins	
SATURDAY	TIME	CLASS	INSTRUCTOR	DURATION
	8:30 a.m.	Cycle	Karen	60 mins
	9:30 a.m.	Total Body Workout	Karen	60 mins
	10:15 a.m.	Yoga	Virginia	60 mins

GYM GUIDELINES

Use the Fitness Center Entrance

Screening required prior to entering the facility

Mask when entering/exiting the facility, when walking to/from equipment.

Masks not required during workout.

Use hand sanitizer when entering/exiting the facility

Wipe down equipment after use

Bring towel and water (Bottled Water sold at the service desk)

Pre-Register for classes via My Member Account

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

HOURS OF OPERATION:

Monday - Friday: 5:30 a.m. to 7:00 p.m.

Saturday: 8:00 a.m. to 12 Noon

LOCATION:

1616 Hospital Parkway

Bedford, Texas 76022

817-848-5640

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/foam rolling.

Body Blitz Class format includes abdominals, lower body, upper body, circuit workout, strength & coordination, and core conditioning and flexibility. Something different every class! Make the most of your time in this total body sculpting class.

Cycle Cycling offers one of the highest caloric burn rates. It is suitable for all ages and levels of fitness. It is easy on the joints with low risk of sports injury. Cycling is a great way to keep fit through the Texas hot and cold weather months.

Lifestyle Conditioning A conditioning class designed to aid in your daily tasks of living...functional strength training with an emphasis on postural form, alignment, strength, and flexibility. Geared towards keeping you healthy and safe as you enjoy life!

Low Impact An alternative to other aerobic workouts with high intensity moves. It is a great cardio workout with a lot of movement.

N.E.A.T. For N.E.A.T. Members Only (Breast Cancer Patients and Survivors). Must be enrolled as a NEAT Member. See Ryan Karnes for questions.

Power Pump A barbell or resistance program for able-bodied men and women of all ages and fitness levels.

SilverSneakers 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 an exercise ball are offered for resistance. A chair is available if needed for seated or standing support.

Total Body Workout A challenging variety of cardio, muscular strength and endurance moves designed to maximize calories burned.

Yoga Focuses on correct breathing, stretching and toning muscles, balance and relaxation.