

# TEXAS HEALTH SOUTHWEST GROUP FITNESS

## CLASS SCHEDULE

### January 2021

	Time	Class	Instructor	Duration	Location
<b>MONDAY</b>	10:00 AM	Lifetime Conditioning	Silvana	50 min	GEX 1
	11:30 AM	EnerChi™	Silvana	50 min	GEX 1
	4:30 PM	Pilates	Christine	50 min	GEX 1
	6:00 PM	BOOTCAMP*	Carolynne	55 min	GEX 1
<b>TUESDAY</b>	Time	Class	Instructor	Duration	Location
	11:00 AM	SilverSneakers Classic	Silvana	50 min	GEX 1
<b>WEDNESDAY</b>	Time	Class	Instructor	Duration	Location
	10:30 AM	Zumba	Carol	50 min	GEX 1
	4:30 PM	Pilates	Christine	50 min	GEX 1
	6:00 PM	BOOTCAMP*	Carolynne	55 min	GEX 1
<b>THURSDAY</b>	Time	Class	Instructor	Duration	Location
	9:30 AM	SilverSneakers Yoga	Silvana	50 min	GEX 1
	11:00 AM	SilverSneakers Classic	Silvana	50 min	GEX 1
	3:00 PM	Barre	Christine	50 min	GEX 1
<b>FRIDAY</b>	Time	Class	Instructor	Duration	Location
	9:30 AM	Zumba Gold	Akiko	50 min	GEX 1

\*BOOTCAMP: requires pre-registration | Drop-in session: \$25 | 16 sessions \$249 | 8 sessions \$169



Monday-Thursday

6a-7p

Friday

6a-6p

Saturday-Sunday

Closed

Saturday-Sunday

Closed

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**@TexasHealthSouthwestFitness**

**[www.TexasHealth.org/Southwest-](http://www.TexasHealth.org/Southwest-)**

## **Group Fitness Class Descriptions**

**All classes listed are included in membership and are ongoing, unless otherwise stated, so join at any time. Classes and instructors are subject to changes. Classes may be cancelled or times may change due to low attendance.**

**\*BOOTCAMP (55 min)** Small Group Personal Training: Total body workout that builds strength and muscular endurance, increases fitness levels, and promotes weight loss. With ever changing circuits, you will target different muscle groups every session and see maximum results in minimal time! \*Requires pre-registration

**Barre Class (50 min)** Barre Class is a combination of Ballet, Pilates, & sometimes Yoga poses with stretches to lengthen muscles. Focuses on small isometric movements.

**Lifetime Conditioning (50min)** Lifetime Conditioning is a cardio and Strength conditioning class designed to aid you in your daily tasks of living with added functional strength training. Postural form, strength, flexibility, & aerobic endurance will be emphasized. Keeping us healthy & safe in order to enjoy life! Each class is ended with Stress Relieving techniques. You'll have a chair available for support.

**PILATES (50 min)** Pilates lengthens and strengthens your muscles, especially the abdomen, glutes, and thighs. It relieves tension, improves posture, and helps protect against injuries. Pilates is used by individuals at every fitness level, for a variety of reasons and a host of benefits – to build strength and stability, for rehabilitation, improved athletic performance and reducing risk of injury.

**SilverSneakers CLASSIC (50 min)** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. Open to all members.



**SilverSneakers ENERCHI (50 min)** Combines principles of the ancient arts of tai chi and qi gong. Movements are done in a flowing sequence to progress strength, balance, and focus. It is low impact and puts minimal stress on muscles and joints. Open to all members.

**SilverSneakers YOGA (50 min)** Chair support is offered so you can 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. Open to all members.



**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. This class may borrow from various yoga disciplines.

**ZUMBA (50 min)** A fusion of Latin and international music and dance themes creating a dynamic and effective fitness workout. Classes feature aerobic/interval training with a combination of fast and slow rhythms that tone and sculpt the body.



**ZUMBA GOLD (50 min)** A modified Zumba class that recreates the original moves you love at a lower-intensity. Focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! Perfect for beginners and active adults!

