

GROUP FITNESS CLASS SCHEDULE

January 2021



	Time	Studio	Class	Instructor	Duration
MONDAY	5:30 am	B	Les Mills RPM	Elmi	45 minutes
	8:30 am	B	Cycle & Sculpt	Renee	55 minutes
	9:30 am	A	HIIT	Stephanie	55 minutes
	10:30 am	A	Power Yoga	Stephanie	55 minutes
	4:30 pm	A	Les Mills BodyCombat	Beth	55 minutes
TUESDAY	9:00 am	A	Total Body Toning	Renee	55 minutes
	10:30 am	A	Gentle Yoga	Terry	55 minutes
	5:00 pm	A	Total Abs	Bob	25 minutes
	5:30 pm	A	Total Strength	Madison	55 minutes
	5:30 pm	B	Les Mills RPM	Elmi	45 minutes
WEDNESDAY	Time	Studio	Class	Instructor	Duration
	5:30 am	B	Les Mills RPM	Elmi	45 minutes
	9:00 am	A	Total Strength	Bob	45 minutes
	5:30 pm	A	Les Mills BodyPump	Stacy	55 minutes
THURSDAY	Time	Studio	Class	Instructor	Duration
	5:15 am	A	HIIT	Bob	45 minutes
	8:00 am	A	Balance & Core	Bob	50 minutes
	9:00 am	B	Cycle & Sculpt	Renee	55 minutes
	9:15 am	A	Les Mills BodyPump	Jill	55 minutes
	10:30 am	A	Gentle Yoga	Terry	55 minutes
	5:30 pm	B	Les Mills RPM	Elmi	45 minutes
5:30 pm	A	Les Mills BodyCombat	Beth	55 minutes	
FRIDAY	Time	Studio	Class	Instructor	Duration
	5:30 am	B	Les Mills RPM	Elmi	45 minutes
	9:00 am	B	Cycle	Renee	45 minutes
	9:45 am	A	Total Abs	Renee	25 minutes
SATURDAY	Time	Studio	Class	Instructor	Duration
	8:15 am	A	Les Mills BodyCombat	Jill	55 minutes
	9:15 am	A	Les Mills BodyPump	Jill	55 minutes
	9:30 am	B	Cycle	Renee	55 minutes
	10:30 am	A	Total Abs	Renee	25 minutes

GYM GUIDELINES

Screening required prior to entering the facility

Mask when entering/exiting the facility, when walking to/from equipment, not during workout

Use hand sanitizer when entering/exiting the facility

Wipe down equipment after use

CHECK OUT OUR NEW VIRTUAL ZOOM GROUP EX CLASSES

Follow us on Facebook and now Instagram for updates, tips and much more!

HOURS OF OPERATION:

Monday-Thursday: 5am-7pm

Friday: 5am-6pm

Saturday: 8am-1pm

Sunday: 1pm-4pm

LOCATION:

101 Crowne Pointe Blvd.

Willow Park, TX 76087

817.757.1550

Group Fitness Class Descriptions

BODYCOMBAT: An empowering cardio workout inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo and tai chi. You will strike, punch and kick your way through calories to superior cardio fitness.

BODYPUMP: A class designed to challenge all your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls. Using light to moderate weights of your choice, with lots of repetition, this class gives you a total body strength workout. (Class max of 16 – pass required)

GENTLE YOGA: A therapeutic yoga class aimed to improve your strength, balance, flexibility, breathing exercises and mind body connection. Modifications are provided for everyone's needs! (Class max of 21 – pass required)

HIIT: A High Intensity Interval Training class that promotes high calorie burn after the workout is over. Bodyweight, plyometric and traditional strength training exercises are blended with cardio exercises to give you a complete total body workout. Try our Express HIIT for a cut down version.

POWER YOGA: A form of yoga that involves a Power flow of poses that are mixed with held positions to develop strength and flexibility. Poses are held longer in order to learn the fundamental postures & increase strength while practicing linking breath to Asana. (Class max of 21 – pass required)

RPM: Les Mills' take on indoor group cycling. The instructor pushes you through hills, flats, and sprints using various riding positions and speeds! The ride will be set to the latest fun and hard-hitting tunes. (Class max of 13 – pass required)

CYCLE & SCULPT: An incredible combination of a fat torching class and full body sculpting! You're on the bike tearing it up one minute, then on the floor lunging and doing push-ups the next. (Class max of 13 – pass required)

CYCLE: An indoor cycling class with exhilarating music at a self-directed pace. The instructor simulates a ride where you will travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardio workout. (Class max of 13 – pass required)

TOTAL ABS: A quick 25-minute class that focuses on all things abs! Creative exercises utilizing bodyweight, Bender Balls, bands and dumbbells are used to strengthen and lengthen all the core muscles.

TOTAL STRENGTH: This class includes circuits of total body strength training using dumbbells, kettlebells, body weight and plyometric exercises. Weight choice is personalized so that each member gets a well-rounded total strength workout!

TOTAL BODY TONING: We will get you a head to toe toning workout in this freestyle format class! We will use bars, dumbbells, barbells, and more to achieve this high rep, low impact, and fun workout.

ZUMBA: This class combines cardio, muscle conditioning, balance and flexibility into a calorie burning fitness party to Latin and world rhythms. Easy to follow steps will mix low and high intensity moves for an interval style dance fitness party.

BALANCE & CORE: This class utilizes a wide range of equipment and fun exercises that not only challenge your balance, but also engage your core to improve overall body stabilization, strength, and control.