

# SPRING GROUP EXERCISE SCHEDULE: March 1, 2016 – May 31, 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Aerobic Room	Gym/Pool	Aerobic Room	Gym/Pool	Aerobic Room	Gym/Pool	Aerobic Room	Gym/Pool	Aerobic Room	Gym/Pool	Aerobics Room	Gym / Pool
<b>Cycle Intervals</b> 5:05-6:05 Robin			<b>Ultimate Fitness</b> 5:05-6:05 Jenee				<b>Total Body Training</b> 5:05-6:05 Amber	<b>Strictly Cycle</b> 5:05-6:05 Karen			
<b>Fit &amp; Fabulous</b> 7:25-8:25 Robyn		<b>Zumba Gold</b> 7:25-8:25 Cathy		<b>Fit &amp; Fabulous</b> 7:25-8:25 Carol		<b>Zumba Gold</b> 7:25-8:25 Cathy		<b>Fit &amp; Fabulous</b> 7:25-8:25 Leslie			
<b>Hatha Yoga</b> 8:35-9:35 Suzy	<b>Insanity</b> 8:30-9:30 Amber	<b>Pilates Mat</b> 8:30-9:30 Melissa I.	<b>Triple Threat</b> 8:30-9:30 Crystal	<b>Yin Yoga</b> 8:35-9:35 Andrea	<b>Total Body Sculpt</b> 8:30-9:30 Crystal	<b>Power Yoga</b> 8:35-9:35 Andrea	<b>Cardio Conditioning</b> 8:30-9:30 Stephanie P.	<b>Pilates</b> 8:30-9:30 Carol	<b>P90X</b> 8:30-9:30 Amber	<b>Strictly Cycle</b> 8:05-9:05 Robin/Leslie	
<b>Barbell Blast</b> 9:40-10:45 Kelly C.	<b>High Fitness</b> 9:35-10:35 Michelle	<b>Strictly Cycle</b> 9:40-10:40 Kelly C.	<b>P90X</b> 9:35-10:35 Crystal	<b>PYC Mash Up</b> 9:40-10:40 Leslie	<b>Ultimate Fitness</b> 9:35-10:35 Mandy	<b>Strictly Cycle</b> 9:40-10:40 Arika	<b>Turbo Kick</b> 9:35-10:35 Mandy	<b>Barbell Blast</b> 9:35-10:35 Kelly C.	<b>Total Body Training</b> 9:35-10:35 Shelly	<b>Step Intervals</b> 9:10-10:10 Rachel	
<b>Zumba</b> 10:50-11:50 Cassie	<b>Water Aerobics</b> 10:00-11:00 Candy	<b>Zumba</b> 10:45-11:45 Cristina	<b>Water Aerobics</b> 10:00-11:00 Arika	<b>Yoga</b> 12:00-1:00 Melissa P.	<b>Water Zumba</b> 10:00-11:00 Candy		<b>Water Zumba</b> 10:00-11:00 Candy	<b>Zumba</b> 10:45-11:45 Cassie	<b>Water Aerobics</b> 10:00-11:00 Candy	<b>Barre</b> 10:15-11:15 Karen	
										<b>Zumba</b> 11:25-12:25 Josephine	
<b>Zumba</b> 4:20-5:20 Cristina		<b>Zumba</b> 4:20-5:20 Cassie		<b>Zumba</b> 4:20-5:20 Cristina		<b>R.I.P.P.E.D.</b> 4:20-5:20 Elizabeth					
<b>Strictly Cycle</b> 5:30-6:30 Robin		<b>Step Intervals</b> 5:30-6:30 Rachel		<b>Barbell Blast</b> 5:30-6:30 Shelly		<b>Strictly Cycle</b> 5:30-6:30 Tim					
<b>Pilates Mat</b> 6:35-7:35 Melissa P.		<b>Barbell Blast</b> 6:35-7:35 Christy		<b>Pilates</b> 6:35-7:35 Melissa P./ Rachel		<b>Zumba</b> 6:35-7:35 Cassie/Kelly F.		<b>MAX CAPACITY IN AEROBIC ROOM 22 PER FIRE MARSHAL</b>		<b>*Please sign in at Service Desk</b> <b>*Classes must average 10 to stay on schedule</b> <b>*Age 14 and above can attend classes</b> <b>*If you have any questions contact Customer Service 817-743-4386</b>	
		<b>Yoga</b> 7:40-8:40 Karen/Rachel <b>Hatha/Yoga</b>				<b>Yoga</b> 7:40-8:40 Shauna					

## GROUP EXERCISE CLASS DESCRIPTIONS

B - Beginner, I - Intermediate, A – Advanced

\*\*All classes show modifications for various moves

\*14 and above can attend group exercise classes/PLEASE SIGN IN FOR ALL CLASSES AT SERVICE DESK

**BARBELL BLAST:** Weight training amped up! Barbell workout for those who like to mix it up a bit. Build muscular strength and endurance with a mega calorie burn. Come check it out! (B/I/A)

**BARRE:** A fusion of Pilates, Yoga and Ballet Barre. Using light weights to build strong stabilizing and deep muscles through high reps, Barre uses core muscles throughout the entire workout. From the barre, mat, and floor work this class will increase muscle endurance especially in hips and shoulders. Barre targets, strengthens, and utilizes muscles that will help keep you injury free! (B/I/A)

### **CARDIO CONDITIONING:**

Team work is the general rule to this class. Challenge yourself, encourage the person next to you to finish a fun filled weight training class. Bring your "A" game, water and a towel. Let's do this! (B/I/A)

**CYCLE INTERVALS:** Get your heart rate up while conditioning your entire body! Increase muscular strength and cardiovascular endurance by cycling for 35 minutes, then off bike for core and strength work, using weights, bands, and tubing. This can be up to 12 minutes, and then back to the bike for another ride, then cool down. Great for those just wanting to start to learn to cycle. (B/I/A) Space is limited to 14 riders.

**FIT & FABULOUS:** This class is designed for anyone new to fitness that needs to move at a slower pace. It's great for beginners! The cardio and muscle sculpting segments are tailored to meet your needs. Class focuses on cardio, strength, and balance. Pilates is incorporated into the week. No matter what your age or fitness level you can be Fit and Fabulous! (B/I/A)

### **HIGH FITNESS@:**

High fitness is a hard-core, fun, fitness class that incorporates interval training with music you love and intense easy-to-follow fitness choreography. It combines FUN (pop songs old and new that everyone knows and loves) with INTENSITY (interval, plyometrics, and cardio) with CONSISTENCY. Together they make a recipe for success and results! HIGH fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. There's no better way to describe it then "Body Sculpting Fun" get addicted to being fit! (B/I/A)

**INSANITY@:** "Are you crazy enough for Insanity?" Sean T created this workout to produce results. Build muscle and strip away fat. "It's totally crazy... but it's going to get you crazy results." (Sean T) Don't be afraid to try this class. All moves can be modified to meet your fitness level. Join the "Insane" crowd! (B/I/A)

### **P90X LIVE@:**

The P90X LIVE@ workouts offer a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work, and more. Using the science of Muscle Confusion™, P90X@ constantly switches things up (the blocks, the protocols, the rep ranges) to help class members bust through plateaus. Plus, there are modifications so people at any level can partake! And, with the option of using weights, resistance bands, or even bodyweight to complete the workouts, it's easy to implement into your Group X lineup since you won't need to worry about purchasing any new expensive equipment. (B/I/A)

**R.I.P.P.E.D.@:** This exciting class is a plateau proof fitness formula workout that utilizes strength and cardio training, while masterfully combining Resistance, Intervals, Power, Plyometrics, Endurance, and Dietary suggestions! R.I.P.P.E.D. is for every Body!!! (B/I/A)

**STEP INTERVALS:** Fun easy to follow step combos, but broken up into intervals, so it's easier to learn. This class is high energy with high to low impact combos incorporated to keep the heart pumping. Resistance training follows cardio interval to make this a complete fat burning workout! (B/I/A)

**STRICTLY CYCLE:** Non- impact, high energy workout that is full of cardio with a great lower body workout! Cycling intervals are incorporated throughout the workout. (B/I/A) Space is limited to 14 riders.

**TABATA:** High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods! HIIT is a form of cardiovascular exercise. Usual HIIT sessions may vary from 4–30 minutes. (B/I/A)

**TOTAL BODY SCULPT:** A strength based class that will work all muscle groups in one workout using a combination of hand-weights and body weight exercises. Sculpt will help to increase strength, tone muscles and burn fat. (B/I/A)

**TOTAL BODY TRAINING:** This fun energetic class is a total body workout that focuses on every muscle group at an intensity that will simultaneously improve your cardiovascular, strength and endurance. Total body training combines strength and cardio exercises to melt fat fast, improve body definition and increase your energy levels throughout the day! (B/I/A)

**TRIPLE THREAT:** A total mix of cardio, strength and core to strengthen and tone the entire body! Bring your towel and water, prepare to sweat! This is a great workout for all levels of fitness. (B/I/A)

**TURBO KICK:** Blends intense intervals of cardio kickboxing, body-sculpting, and dance strength training to give you that high-powered workout you can't get enough of. (B/I/A)

**ULTIMATE FITNESS:** Turn on the burn! Sculpt and tone muscles with this hi-repetition dumbbell workout with a few bursts of cardio fun mixed in. (B/I/A)

**PYC MASH UP:** A fast paced low impact class that fluidly combines yoga and Pilates moves to create a workout that builds strength, stamina and core flexibility. Take your fitness to a new plane no matter where you are on the fitness scale. (B/I/A)

**ZUMBA GOLD:** Lower impact, easy to follow Latin-inspired dance fitness party™ that keeps you in the groove of life! (B/I/A)

**ZUMBA:** This Latin American dance workout is high energy and lots of fun! You will learn easy to follow dance combinations that will work every part of your body. There are moves that will challenge your body. (B/I/A)

### **FLEXIBILITY / RELAXATION**

**PILATES:** A full-body workout with emphasis on the core and supporting muscle groups. Breathing techniques are used to enable the mind-body connection. Class includes standing balance work in addition to exercises on the mat. Different equipment may be used to add intensity. (B/I/A)

**PILATES MAT:** A full-body workout with emphasis on the core and supporting muscle groups. Breathing techniques are used to enable the mind-body connection. Class may include standing balance work in addition to exercises on the mat. Different equipment may be used to add intensity. (B/I/A)

**HATHA YOGA:** Incorporates breath with postures along with balancing. Sun salutations are optional. (B/I/A)

**POWER YOGA:** Sun salutations, planking to strengthen core, and holding postures. (B/I/A)

**YIN YOGA:** Strengthen bones, connective tissue, fascia and ligaments. All postures are on the floor. (B/I/A)

**YOGA:** Relax and stretch those tired and sore muscles. Learn correct breathing, posture and form with spinal flexibility and full body muscle toning for weight loss. You will feel renewed! (B/I/A)

### **WATER**

**WATER AEROBICS:** This is a low impact class for all ages. Spend an hour in the water stretching and doing light resistance exercises. This is a great class for rehabilitating the body! (B/I)

**WATER ZUMBA:** This is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. (B/I)