

GroupEx Schedule

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15a Boot Camp <i>Brandyn</i>	5:15-6:00a Rock & Row <i>Kris</i>	5:15-6:15a Boot Camp <i>Brandyn</i>	5:15-6:00a Rock & Row <i>Lindsay</i>		
6:00-6:45a Cycling Fitness <i>Lindsay</i>		6:00-6:45a Cycling Fitness <i>Julie</i>		7:30-8:30a Aerobic Strength <i>Kim B</i> FRONT PARKING LOT	
7:30-8:30a Aerobic Strength <i>Kim B</i> FRONT PARKING LOT	8:15-9:15a Power Hour <i>Shannon</i> FRONT PARKING LOT	7:30-8:30a Aerobic Strength <i>Kim B</i> FRONT PARKING LOT	8:30-9:30a H2O Workout <i>Kim B</i>	8:30-9:30a H2O Workout <i>Lindsay</i>	8:30-9:00a Indo Row <i>Julie</i>
8:30-9:30a H2O Workout <i>Lindsay</i>	8:15-9:00a Walk to Be Fit <i>Kim T</i> FIT TRAIL	8:30-9:30a H2O Workout <i>Diane</i>	8:15-9:15a Power Hour <i>Shannon</i> FRONT PARKING LOT		9:15-10:00a Cycling Fitness <i>Julie</i>
8:30-9:30a TRX <i>Taylor</i>	8:30-9:30a H2O Workout <i>Diane</i>	8:30-9:30a TRX <i>Taylor</i>	9:20-9:50a Core & More <i>Shannon</i> FRONT PARKING LOT		
	9:30-10:30a Transformative Yoga <i>Taylor</i>		9:30-10:30a Transformative Yoga <i>Taylor</i>		
	9:30-10:30a Arthritis Therapy <i>Diane</i>	9:45-10:30a Aqua Chi <i>Diane</i>	9:30-10:30a Arthritis Therapy <i>Diane</i>		
10:00-11:00a Shape Up with <i>Shannon</i>	10:30-11:30a Masters Swim <i>Al</i>	10:00-11:00a Shape Up with <i>Shannon</i>	10:30-11:30a Masters Swim <i>Al</i>	10:00-11:00a Shape Up with <i>Shannon</i>	
11:15-12:15a Sit to be Fit <i>Kim T</i>	11:15-12:00p Tai Chi <i>Diane</i>	11:15-12:15a Sit to be Fit <i>Kim T</i>	11:15-12:00p Tai Chi <i>Diane</i>		
12:30-1:30p Pilates <i>Kim T</i>		12:30-1:30p Pilates <i>Kim T</i>		12:30-1:30p Pilates <i>Kim T</i>	
FITNESS POOL RESERVED M-F 4-5:30P FOR YOUTH PROGRAMMING					
5:30-6:30p Aqua Power <i>Kim B</i>	5:30-6:15p BOGA <i>Diane</i>	5:30-6:30p Aqua Power <i>Kim B</i>			
5:30-6:15p Cycle & Sculpt <i>Julie</i>	5:30-6:30p Body Cross <i>Heidi</i> FIT TRAIL	5:30-6:15p Cycle & Sculpt <i>Lindsay/ Heidi</i>	5:30-6:30p HIIT Happy Hour <i>Heidi</i>		
6:30-7:30p Zumba <i>Casey</i>	5:30-6:15p Indo Row <i>Julie</i>	6:30-7:30p Zumba <i>Casey</i>	5:30-6:30p Hydro Fitness <i>Kim B</i>		

Class descriptions on back
 OPEN M-TH 5a-11p & 2-8p / F 5a-11p & 2-7p / S 7a-12p
 Call (830) 997-1355 or visit on Facebook / No Childcare

ADVANCED TRX

A combination of strength, cardio & core using the TRX suspension straps. Your body weight becomes your resistance as you work against gravity to control each movement. Prior knowledge of TRX is advised before joining.

AEROBIC STRENGTH

This total-body strength & cardiovascular training is a great way to start your day! Strengthen your body with proper technique for functional fitness. You can keep the intensity low or pump it up for the ultimate fitness experience!

ARTHRITIS THERAPY

This warm water class is designed for those with arthritis who want to control pain and improve mobility, flexibility and general movements. Therapy Pool

BEGINNER'S RUNNING

Have you always wanted to run but are not sure how to get started? Our Beginner's Running Class is for YOU! This program is a good bridge from walking to running. It begins with a series of outdoor run/walk workouts on the road to build you up to run an entire 5K race of your choice.

BODY CROSS

Cardiovascular training meets muscular strength & endurance in this variety hour! Add some muscle confusion to your workout regime with this class.

BOGA fit/BOGA Basics

This floating fitness water workout builds strength, deepens flexibility and improves balance and coordination without the harsh impacts.

BOOT CAMP

Jump start your day with this high-energy variety hour that will kick your booty and challenge you to new levels of fitness! Boot camp classes are held indoors & outdoors.

CYCLE & SCULPT

Mix it up with indoor group cycling intervals and strength training intervals. Get your cardio and strength training in this one high intensity hybrid class if you are short on time!

CORE & MORE

Hit those abdominal and back muscles with this short and sweet core workout! Flex, extend, rotate and stabilize the body to create a stronger center for every functional movement.

CYCLING FITNESS

This cardiovascular class on our indoor stationery bikes is always a great workout. Indoor cycling is a great training ground for outdoor cyclists & fitness enthusiasts alike.

H2O WORKOUT / AQUA POWER

These classes combine a variety of aerobic movement with intervals of resistance training in the Fitness Pool. Water noodles, aqua dumbbells, aqua steps, medicine balls and resistance bands are used to challenge participants.

HITT HAPPY HOUR

End your day with this high-energy variety hour that will kick your booty and challenge you to new levels of fitness! Boot camp classes are held indoors and outdoors. Sculpting tools may include BOSU balls, dumbbells, stability balls, weighted medicine balls and resistance bands. This class is geared for the intermediate exerciser, and the overall class intensity will remain moderate.

HYDRO FITNESS

This class is a lap swim workout using a combination of cardio and strength training intervals with short bursts of high intensity swim techniques. Water noodles, aqua dumbbells, medicine balls and resistance bands are used to challenge swimmers. This class is ideal for participants able to swim 25 yards of freestyle stroke. Equipment needed: goggles, towel and swim suit.

INDO ROW

This indoor rowing class is "the perfect calorie burn!" Designed around elements in real row training & racing, instructors will lead you through skills & drills, wave workouts & racing!

MASTERS SWIM

Total Immersion swim workout designed to improve stroke technique, speed and fitness level for both athletes and fitness enthusiasts.

PILATES

Progressive series of floor movements will strengthen the core muscles of the abdomen, lower back and pelvic area. Increase strength, flexibility and balance of the entire body, focusing on breathing and mindful movement.

POWER HOUR

Indoor cycling and an occasional bit of strength training in a group setting will motivate you to achieve your personal fitness goals! This indoor cycling class is a great training ground for outdoor cyclists!

ROCK & ROW

This class combines basic IndoRow intervals & strength training in a circuit format that will keep your muscles guessing!

SHAPE UP

This high-energy crosstraining class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regime! This is the only place in town to offer advanced step aerobics! Check with Shannon for class programming.

SIT TO BE FIT

This social class is designed for those wanting to remain active and enjoy a complete, non-impact workout. A combination of toning exercises is performed while sitting in a chair! This class is ideal for individuals with limited mobility.

TAI CHI / AQUA CHI

Improve balance, coordination & mental wellness with circular, fluid movements at a slow tempo. This class is ideal for people with arthritis. AQUA CHI will be in the warm water pool.

TRANSFORMATIVE YOGA

Each practice will begin with basic standing poses. In time, forward bends, back bends, twists, inversions, restorative poses and more are taught. Transformative Yoga is profound and rewarding practice with the use of props. All ages and fitness levels welcome.

WALK TO BE FIT

This class is focused on walk stride, balance and strength. We will be doing functional walking, standing balance work and strengthening of the muscles associated with walking to assist clients in maintenance of mobility.

YOGAFIT / DECAF YOGA

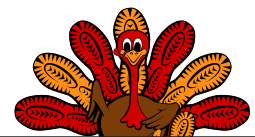
Join this practice for flexibility, stress reduction and relaxation exercises through Hatha yoga poses. This class will incorporate mind/body methods, stability exercises, stretching and balance poses. Decaf Yoga brings the intensity down for a mellow practice. All levels welcome.

ZUMBA

Join this high-energy dance party! Have a fun aerobic workout with the rhythmic moves of Latin dance!

MODIFIED FACILITY HOURS:

- Wednesday, 11-25, open 5a-12p
- Closed November 26
- No Group Class 11-27 & 11-28
- Friday 11-27, open 5a-12p



FUTURE RESERVATION SCHEDULE

Two Week Block

November 2 - November 13
November 16 - November 27
November 30 - December 11

Reservations Open

Thursday, Oct. 29 at 7pm
Thursday, Nov. 12 at 7pm
Thursday, Nov. 26 at 7pm