

GroupEx Schedule

November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00a Cardio Mashup <i>Leigh</i> 5:15-6:15a Boot Camp <i>Brandyn</i>	5:15-6:00a IndoRow <i>Leigh</i>	5:15-6:00a Wt Room Wed <i>Leigh</i> 5:15-6:15a Boot Camp <i>Brandyn</i>	5:15-6:00a Rock & Row <i>Leigh</i>	5:15-6:15a Boot Camp <i>Brandyn</i>	
7:30-8:30a Aerobic Strength <i>Kim B</i>		7:30-8:30a Aerobic Strength <i>Kim B</i>	7:30-8:00a Core & More <i>Shannon</i>	7:30-8:30a Aerobic Strength <i>Kim B</i>	
8:00-8:45a WW Endurance <i>Sarah</i> 8:30-9:30a Zumbaqua <i>Lindsay</i> 8:30-9:30a Advanced TRX <i>Leigh</i>	8:15-9:15a Power Hour <i>Shannon</i> 8:30-9:30a H2O Workout <i>Diane</i>	8:30-9:30a H2O Workout <i>Diane</i> 8:30-9:30a Advanced TRX <i>Leigh</i>	8:15-9:15a Power Hour <i>Shannon</i> 8:30-9:30a H2O Workout <i>Kim B</i>	8:00-8:45a WW Endurance <i>Diane</i> 8:30-9:30a H2O Workout <i>Lindsay</i>	Saturday Special November 16, 2019 <i>Julie</i> Indo Row 8:30-9:00a Cycling Fitness 9:05-10:05a
9:00-9:55a Sit to be Fit <i>Kim T</i>	9:20-10:20a Yogafit <i>Leigh</i> 9:30-10:30a Arthritis Therapy <i>Diane</i>	9:00-9:55a Sit to be Fit <i>Kim T</i> 9:45-10:30a Aqua Chi <i>Diane</i>	9:20-10:20a Decaf Yoga <i>Leigh</i> 9:30-10:30a Arthritis Therapy <i>Diane</i>	9:00-9:55a Sit to be Fit <i>Kim T</i>	
10:00-11:00a Shape Up <i>Shannon</i>	10:30-11:30a Masters Swim <i>Al</i> 10:45-11:30a Tai Chi <i>Diane</i>	10:00-11:00a Shape Up <i>Shannon</i>	10:30-11:30a Masters Swim <i>Al</i> 10:45-11:30a Tai Chi <i>Diane</i>	10:00-11:00a Shape Up <i>Shannon</i> 11:15-12:00p Barre-Lates <i>Kim T / Sarah</i>	10:15-11:15a Zumba <i>Casey</i>
12:10-1:00p Pilates <i>Kim T</i>		12:10-1:00p Pilates <i>Kim T</i> 12:30-1:15p BOGA Basics <i>Diane</i>			

Fitness Pool Reserved M-F 4-5:30p for youth programming				Class descriptions on back OPEN M-TH 5:10a-8p / FRI 5:10a-6p SAT 7a-2p / SUN 12p-6p Call (830) 997-1355 or visit on Facebook Childcare available M-F 8-11a M-TH 5-8p & SAT 9:30a-12:30p \$5 per child per visit	
5:30-6:30p Cycle & Sculpt <i>Julie / Heidi</i> 5:45-6:45p Aqua Power <i>Kim B</i> 6:45-7:45p Zumba <i>Casey</i>	5:30-6:30p Body Cross <i>Katherine</i>	5:30-6:15p Cycle & Sculpt <i>Lindsay</i> 5:45-6:45p Aqua Power <i>Kim B</i> 6:45-7:45p Zumba <i>Casey</i>	5:30-6:30p HydroFITness <i>Kim B</i>		

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

BARRE-LATES

This class combines Pilates, Barre and/or other core, glute and leg exercises into challenging movement patterns which improve strength, balance, flexibility, breath control and mind-body connectedness. Come away feeling relaxed, recharged and stronger in just 45 minutes.

BODY CROSS

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

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.

CARDIO MASHUP / WT RM WED

Kick start your day with this high-energy variety hour with high intensity intervals.

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.

H2O WORKOUT / AQUA POWER / ZUMBAQUA

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.

HYDROFITNESS

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.

INDOROW

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.

W W ENDURANCE

This warm water class promotes improved cardiovascular health with constant, low-level aerobic movement. Therapy Pool

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!



We give thanks for our members and all that you do to make the HCM Wellness Center a great place to be. We are so thankful that you choose to be a part of this community.