

# GroupEx Schedule

## January



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

### Fitness Pool Reserved M-F 4-5:30p for youth programming

<b>5:30-6:30p</b> <b>Cycle &amp; Sculpt</b> <i>Julie</i> <b>5:45-6:45p</b> <b>Aqua Power</b> <i>Kim B</i> <b>6:45-7:45p</b> <b>Zumba</b> <i>Casey</i>	<b>5:30-6:30p</b> <b>Body Cross</b> <i>Katherine</i> <b>6:40-7:25p</b> <b>Indo Row</b> <i>Julie</i>	<b>5:30-6:15p</b> <b>Cycle &amp; Sculpt</b> <i>Lindsay</i> <b>5:45-6:45p</b> <b>Aqua Power</b> <i>Kim B</i> <b>6:45-7:45p</b> <b>Zumba</b> <i>Casey</i>	<b>5:30-6:15p</b> <b>Rock &amp; Row</b> <i>Lindsay</i> <b>5:30-6:30p</b> <b>HydroFITness</b> <i>Kim B</i> <b>6:30-7:30p</b> <b>Boot Camp</b> <i>Heidi</i>
---	--	---	---

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

### **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.

### **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.

### **WARRIOR FIT**

This one-hour high energy class will utilize the following components Run, Row, Ride, Roll and Recovery. This class is ideal for individuals ready to take it to the next level.

### **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!



Happy New Year!

Wellness Center will have a modified group exercise menu for the weeks of December 22nd - January 4th with limited child care. Please look at the front desk for modified group exercise schedule.