

GROUP FITNESS CLASSES

Mind & Body
 Water
 Dance
 Cycle
 High Intensity
 Strength
 SilverSneakers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tabata 8:30am Karla - ROOM A	Cardio Blast 8:30am Londa - ROOM A	Strength 8:30am Londa - ROOM A	HIIT 8:30am Londa - ROOM A	BodyBlast 8:30am Roberta - ROOM A		
Yoga 8:30am Jacki - ROOM B	Total Body 8:30am Nancy - ROOM B	Yoga 8:30am Teresa - ROOM B	Bootcamp 8:30am Elva - ROOM B	BARRE 8:30am Rebekah - ROOM B	Cycle 8:00am Debi - ROOM B ^{5/22}	
Zumba 9:30am Vivian - ROOM A	Zumba 9:30am Rosy - ROOM A	Zumba 9:30am Vivian - ROOM A	Zumba 9:30am Rosy - ROOM A	Shine 9:30am Krista - ROOM A	Barbell 9:00am Debi - ROOM A ^{5/22}	
	Yoga/Med 9:30am Teresa - ROOM B	Cycle/Strength 9:30am Elva - ROOM B	Yoga/Yin 9:30am Teresa - ROOM B	Yoga 9:30am Leanne - ROOM B	Yoga 9:00am Kali - ROOM B	
	Water Fitness (Deep) 9:40am Anna - POOL					
SilverSneakers Circuit 10:30am Kathleen - ROOM A		SilverSneakers 10:30am Linda - ROOM A				
				Seated Yoga 10:30am Leanne - ROOM A		
	Water Fitness 10:40am Anna - POOL			Water Fitness 10:40am Londa - POOL		
Zumba 6:00pm Rosy - ROOM A	Shine 6:00pm Krista - ROOM A	Zumba/Tabata 6:00pm Karla - ROOM A				Yoga 4:00pm Marsha - ROOM B
	Yoga 6:00pm Jacki - ROOM B	Yoga 5:45pm Teresa - ROOM B	Cycle 5:45pm Suzanne - ROOM B			
Water Fitness 6:10pm Mary - POOL ^{5/17}		Water Fitness 6:10pm Mary - POOL ^{6/2}				
Yoga 7:30pm Marsha - ROOM B						

* Denotes New Class Start Date

Online Registration REQUIRED

TO SIGN UP FOR CLASSES

- Visit www.nrhcenre.com
- Go to Fitness Tab
- Go to Group Fitness Tab
- Click "Register for Class"
- Click "Sign Up" Box for Class
- Click "Submit and Sign Up"
- Enter Name, Email, Phone #

TO EDIT/DELETE CLASSES

- Use confirmation email and click on "Edit my Sign Up"

ATTENTION

We ask that you manage your class sign ups so we don't make a mistake by accidentally removing you from the wrong class. Also, when you are unable to attend, PLEASE delete your name from the roster so someone else can come to class. Classes open for sign up one week prior on the day/at the time of the class; (this Sun at 4pm, the next Sun 4pm Yoga class opens)

NRH
CENTRE

For Questions Contact Fitness Coordinator

TEDDI ZONKER
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817.427.6613

[Register Here](#)

CLASS DESCRIPTIONS

Barbell - fun and dynamic workout for all ages and fitness levels; improve your strength, balance and flexibility through bodyweight exercises that target every part of your body.

BodyBlast – total body workout that includes all major muscle groups; flexibility training, cardio blasts and an ab finish and cool down.

Bootcamp/Strength - Up your game with a Bootcamp/Strength Class. Moderate to fairly intense mix of aerobic, strength and interval training.

BARRE - low impact, high-intensity movements that combine cardio, strength, agility, flexibility, balance and core conditioning.

CardioBlast – Minimal weights/equipment; exercises based on cardio; calisthenics.

Cycle – (12 max) High energy in this fun, all level cycle class set to the beat of great music to deliver a powerful workout whether you're a first-time indoor cyclist or a seasoned athlete.

Cycle/Strength Class - Cycle rides mixed with strength using 2-3 lb. weights with challenges of endurance, hills and drills.

HIIT – High Intensity Interval Training; short intervals of workouts proceeded by levels of strength circuits.

Silver Sneakers Circuit: The Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball. A chair is available for standing support.

Strong - body weight, muscle conditioning, cardio & plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge and burpee is driven by the music, helping you make it to that last rep.

SHINE - Choreography rooted in jazz, ballet, hip hop; cardio, toning, strength with the best/most current music.

Strength/Circuit – Endurance training, resistance training and small segments of cardio.

Tabata – 20 second intervals of HIIT, 10 seconds of rest; HIIT, weights, bands, kettlebells, isometrics, plyometrics; yoga mat needed. (TabataZumba incorporates both formats; 40min Zumba; 10min Tabata arm workout).

TotalBody - Full Body Workout working on Strength, Power and Endurance; weights and body weight.

WaterFitness - Aerobic, strength and resistance exercise in the water; less stress on joints. Noodles, gloves, barbells.

*DEEP water (max 14) occurs in a 9' pool, belts worn, swimming ability NOT required.

Yoga/Meditation – meditation only class; seated mostly; gentle, compassionate stretches warming up joints, seated/lying down meditations, peaceful, stress reliever.

Yoga MonAM – beginner with introduction to intermediate practice; sun salutations, warriors, balance and flexibility poses, simple flows with emphasis on proper placement of limbs/breath awareness.

Yoga MonPM – gentle; very gentle class, all postures are performed on the mat, active and passive holds and stretches.

Yoga TuePM – intermedia/early advanced; sun salutations, warrior flows, balancing poses, improving strength with simple yet intense flows. Emphasis on proper placement and breath awareness. Lots of warm up and cool down ending in systematic relaxation.

Yoga WedAM – intermediate; classic Hatha, complete with sun salutations, exploration of strength, balance and flexibility postures, Pranayama (breath practice), winding down with gentle cool down postures on the floor, followed by deep systematic relaxation.

Yoga WedPM – intermediate/slow pace; warriors, lunges, balancing poses, sun salutations taught with detailed curing and attention to safe placement of feet and hands.

Yoga FriAM – very gentle/basic class, but a very FULL class; helps build strength, improve flexibility, balance/breath awareness. Attention given to proper alignment.

Yoga SatAM - gentle, intermediate/slow pace; forward fold and warrior flows, lunges and balancing poses. Smooth transitioning from warming up and breath awareness for improving flexibility and strength to getting into more intense flows.

Yoga Seated – gentle, chair/seated – with the support of chairs, this class helps building strength, improve flexibility, balance, breath awareness; attention given to proper alignment.

Yoga/Sun – basic, very instructional; warrior flows, sun salutations, lunges, binds, should stands, plant holds.

Yoga/Yin – very gentle, mostly on the ground, restful; poses on the ground with many props for optimum comfort, long holds, very relaxing/calming for mind/body.

Zumba - zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Fun, easy, effective for fat burning and total body toning.