

GROUP EXERCISE | live life to the fittest

Mar/Apr 2020 - 50 minute classes | Facility Hours: Mon-Thu 5a-10p, Fri 5a-9p, Sat 7a-6p, Sun 10a-6p



STRENGTH	CYCLE	CORE	HIGH INTENSITY	MIND/BODY	DANCE
Daily Drop In \$10 per class, per person Membership Not Required Non-refundable; <u>not</u> available to use as credit toward punch/membership.			Add-On to Membership \$75 per person*<u>BEST MEMBER BENEFIT*</u> <u>Tied to membership expiration date.</u> Non-refundable. Paid in Full Membership Required.		Punch Passes 5x punch pass, \$35 (7/class) 10x punch pass, \$50 (5/class) Membership Not Required Non-refundable, Non-replaceable
MONDAY			TUESDAY		
830a	SilverSneakersClassic	Roberta (Senior Ctr/separate from GFAO)	830a	SilverSneakersCardio	Rosy A
830a	Total Body	Cindy A	830a	CardioBlast	Londa B
830a	Yoga Hatha	Jacki B	945a	WaterFitness DEEP	Anna Pool
930a	Zumba	Vivian A	930a	ZumbaGold	Rosy A
930a	Cycle	Cindy B	945a	Yoga Meditative	Teresa B
1030a	SilverSneakersCircuit	Kathleen A	1030a	SilverSneakersClassic	Linda A
1040a	SilverSneakersSplash	Londa Pool	1040a	WaterFitness	Anna Pool
530p	Cycle	Debi B	(11a MSYoga/\$5 Adaptive-not on AddOn-Teresa/B)		
535p	WaterFitness	Mary Pool	(12p Yoga, \$25/mo-separate from AddOn-Teresa/B)		
6pm	Zumba	Rosy A	6p	SHiNE™ (BEGINS 3/24)	Krista A
630p	POP Pilates	Debi B	610p	Yoga Variety/90m	Jacki B
730p	Yoga Gentle	Marsha B			
WEDNESDAY			THURSDAY		
830a	SilverSneakersClassic	Kathleen (Senior Ctr/separate from GFAO)	830a	SilverSneakersCircuit	Rosy A
830a	StrengthCircuit	Londa A	830a	HIIT	Londa B
830a	Yoga Hatha	Teresa B	930a	WaterFitness DEEP	Londa Pool
940a	Cycle	Cindy B	930a	ZumbaGold	Rosy A
930a	Zumba	Vivian A	9:45a	Yoga Restorative	Teresa B
1030a	SilverSneakersCircuit	Marie A	1030a	SilverSneakersClassic	Linda A
1040a	SilverSneakersSplash	Londa Pool	(11a MSYoga/\$5 Adaptive-not on AddOn-Teresa/B)		
535p	WaterFitness	Mary Pool	530p	Cycle (BEGINS 3/5)	Suzanne (3/5) B
545p	Yoga Gentle Hatha	Teresa B	6p	Barbell	Debi A
6p	KettleBell	TBA A	715p	Yoga Yin	Marsha B
7p	Zumba	Karla A			
FRIDAY			SATURDAY		
830a	SilverSneakersClassic	Roberta (Senior Ctr/separate from GFAO)	8a	Cycle	Suzanne B
830a	Total Body	Robyn A	845a	Kettlebell	Mike A
940a	BARRE	Cindy A	9a	Yoga Hatha/75m	Jacki B
930a	Yoga Gentle	Leanne B	SUNDAY		
1040a	Yoga Seated	Leanne A	4p	Yoga Variety/90m	Marsha B
1040a	SilverSneakersSplash	Londa Pool			
To enter any class: Obtain class pass from Guest Services following payment, Provide instructor/Fitness Attendant with pass and sign in. Please note class participant maximum; all classes/equipment and location on the floor are first come, first served and none may be reserved. Ages 12 and up, all fitness levels welcome and encouraged. Those under age 12 must have a doctor release provided to the Fitness Coordinator and adult supervision. 10 participants required for class to remain on the schedule: Low Attendance Notice: will cancel if no increase.					

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Comments, suggestions: Fitness Coordinator: Teddi R. Zonker, tzonker@nrhtx.com

The Group Exercise 'add on' is an optional upgrade to an annual membership. It is a discounted 'member benefit' for access to all group exercise classes during the term dates of the Fitness Center annual membership. The 'add' on can be added to the Fitness membership any time; however, the 'add on' will expired on the same date as the Fitness membership.

Group Exercise rooms are not available for use to members and guests except during scheduled classes. All classes have a maximum capacity. If a pass is not available due to class reaching capacity, a member or guest may not attend a full class without a pass. For those under 12 years of age, adult supervision is required and a doctor's written release.

Please silence cell phones and arrive to class on time; late arrival is unsafe and disruptive, no admittance after start time.

KIDSClub (babysitting) available; 2 hour max. Mon-Thu 8a-12p and 4p-8p; Fri 8a-12p; Sat 8a-12p. 1-9 years; \$3 per visit

BARRE – An effective total body workout, using low impact, high-intensity movements that combine cardio, strength, agility, flexibility, balance and core conditioning.

CardioBlast- Interval and Circuit training with fun cardio routines; structure will change each week.

Cycle - **Clip cycle shoes into pedals first and then put your foot into your shoes to avoid damaging floor.** (SENIOR classes on Wed) Fast-paced/fat-burning; work at your own pace and level.

HIIT/High Intensity Interval Training; full body strength training with high intensity cardio bursts for toning and endurance.

KettleBell - Strength, endurance, muscle toning by challenging muscular/cardiovascular systems, with dynamic/total body movements. **DUMBBELL(S) may not be used in place of Kettlebells.**

POP Pilates – Total Body, equipment-free workout that sculpts a rock-solid core.

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

StrengthCircuit – Strength based targeting all muscle groups to increase stamina, build strength/endurance; weights and core!

Total Body - personal training in a group atmosphere; free weights, light cardio, balance, core, lower body work.

WaterFitness - Increase flexibility, range of motion, and aerobic fitness with water exercise. *DEEP water occurs in a 9' pool, belts worn, swimming ability NOT required. **Limit: 35 shallow/14 deep**

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.

Zumba Gold - targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. **Limit: 35.**

Classes are 50min unless noted with 75m or 90m

Yoga | Gentle Hatha – Warriors, lunges, balancing poses, sun salutations taught with detailed cuing and attention to safe placements of feet and hands.

Yoga | Gentle - Slow Vinyasa (breath) to gradually strengthen the body and mind.

Yoga | Hatha/Flow – intermediate/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 Restorative - Poses on the ground with many props for optimum comfort, long holds, very relaxing/calming for mind/body

Yoga | Meditative - Gentle compassionate stretches warming up joints, seated/lying down meditations, peaceful, stress reliever

Yoga | Seated - With the support of chairs, this class helps build strength, improve flexibility, balance, breath awareness

Yoga | Variety - Warrior flows, sun salutations, lunges, binds, shoulder stands, plank holds

Yoga | Yin - Gentle, passive stretches. Great for joints, very relaxing.

SilverSneakers CardioFit® - easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. **Limit: 35.**

SilverSneakers Classic® - Increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Limit: 35.

SilverSneakers Circuit® - Increase your cardiovascular and muscular endurance power with a **standing** circuit workout; upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. **Limit: 35.**

SilverSneakers Splash® - Improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. **Limit: 35.**