

GROUP EXERCISE | live life to the fittest

June 2017 - 50 minute classes | Facility Hours: Mon-Thu 5a-10p, Fri 5a-9p, Sat 7a-6p, Sun 10a-6p



Daily Drop In				Add-On to Membership				Punch Passes							
\$10 per class, per person Membership Not Required Non-refundable; <u>not</u> available to use as credit toward punch/membership.				\$75 per person Add-on <u>not</u> tied to membership expiration date. Non-refundable. Excludes Adaptive Yoga. Annual or Paid in Full Membership Required. *BEST VALUE - MEMBER BENEFIT*				5x punch pass, \$50 10x punch pass, \$80 20x punch pass, \$160 Membership Not Required Non-refundable, Non-replaceable							
MONDAY				TUESDAY				WEDNESDAY				THURSDAY			
830a	StrictlyStrength	Suzanne	A	830a	Tabata/Core	Londa	B	530a	Total Body	Amanda	A	830a	TotalBodyCARDIO	Amanda	B
830a	Yoga (Hatha)	Christen	B	830a	SilverSneakersCardio	Kristin	A	830a	Barre	Karen	A	830a	SilverSneakersCircuit	Beth H.	A
930a	Zumba®	Beth H.	A	945a	MeditativeYoga	Teresa	B	830a	Yoga (Hatha)	Christen	B	930a	ZumbaGold®	Beth H.	A
930a	Cycle	Suzanne	B	930a	ZumbaGold®	Rosy	A	930a	SilverSneakersCycle	Amanda	B	930a	WaterFitness	Londa	Pool
1030a	SilverSneakersCircuit	Beth H.	A	930a	WaterFitness	Anna	Pool	1030a	SilverSneakersCardio	Karen	A	1030a	SilverSneakersClassic	Linda	A
1040a	SilverSneakersWater	Londa	Pool	1030a	SilverSneakersClassic	Kristin	A	1040a	SilverSneakersWater	Londa	Pool	9:45a	Restorative Yoga	Christen	B
535p	WaterFitness	Mary	Pool	1035a	DEEP WaterFitness	Anna	Pool	535p	WaterFitness	Mary	Pool	(1215pm MSYoga (\$5/class for Adaptive) – Christen, B)			
530p	Cycle	Debi	B	(1215pm MSYoga (\$5/class for Adaptive) – Christen, B)				515p	Full Body Boot Camp	Erica	Gym/Plaza	530p	Chisel	Casey	A/Gym
630p	POP Pilates	Debi	B	(1215pm MSYoga (\$5/class for Adaptive) – Christen, B)				545p	Yoga (BacktoBasics)	Teresa	B	6p	Zumba®	Kari	A
6p	Zumba®	Kari	A	(1215pm MSYoga (\$5/class for Adaptive) – Christen, B)				6p	KettleBell	Gilbert	A	715p	Yoga (Yin/Restorative)	Marsha	B
730p	Yoga (Gentle)	Marsha	B	(1215pm MSYoga (\$5/class for Adaptive) – Christen, B)				7p	Zumba	Rosy	A	(Martial Arts – B, 6-7pm/A, 7-8p)			
FRIDAY				SATURDAY				SUNDAY							
830a	Total Body	Amanda	A	8a	Cycle	Suzanne	B	440p	Yoga (Variety)	Marsha	B				
930a	BARRE	Karen	A	830a	WaterFitness	Renea	Pool								
930a	Yoga (Gentle Flow)	Christen	B	815a	BarbellBlast	Debi	A								
1030a	SilverSneakersYoga	Christen	A	930a	Kettlebell	Gilbert	A								
1040a	SilverSneakersWater	Londa	Pool	9a	Yoga (HathaFlow)	Erin P.	B								
(Martial Arts - A, 6-8pm)															

To enter any class: Obtain class pass from Guest Services following payment, Provide instructor/Fitness Attendant with pass and sign in.
Please silence cell phones and arrive to class on time; late arrival is unsafe and disruptive, no admittance after start time.
Please note class participant maximum; all classes/equipment and location on the floor are first come, first served and none may be reserved.
Appropriate athletic attire and footwear is required for all classes. Schedule subject to change without notice.
 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.**

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

Senior Center offers SilverSneakers on M W, F (Circuit; Karen/Kathleen/Rosy) 8:30 a.m.

The Group Exercise 'add on' is an optional upgrade to an annual membership (annual paid in full or monthly). 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.

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

BarbellBlast - strength training for all fitness levels; matching barbell/adjustable weight movement to music; working major muscle groups to strengthen, tone, and define.

Barre - low-impact, full-body workout geared toward creating long, lean muscle and burning fat. Movement from Pilates and ballet, includes some cardiovascular and free weight conditioning.

Chisel - muscular strength and endurance will be tested when combined with cardiovascular movement. A total body workout that is challenging, always different using dumbbells, exercise tubing, and body bars.

Cycle - (SENIOR classes on Wed) Get lost in this 50 minute experience as you push through physical and mental barriers, enabling you to find your own cycling nirvana. Each fast-paced fat-burning cardio workout will transform your mind and body. Participants are encouraged to work at their own pace and level. **Limit: 14.**

Full Body Bootcamp - Bootcamp style full body interval training with a real Army Sergeant! 30-minute class, incorporating full body, bodyweight strength training and cardio! Meet in the gym, we'll go outside on nice weather days. Bring water, towel and motivation!

HIIT - High Intensity Interval Training; explosive one-minute intervals using your own body weight for lunges, squats, planks, abs, more! Class begins in B upstairs; moves to the Gymnasium by 6pm.

KettleBell - fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements. **For safety reasons, DUMBBELL(S) may not be used in place of Kettlebells.**

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

Strength - focus on lower and upper body exercises executed with free weights; full body fitness class is designed for all fitness levels. Target all areas of your body, from your shoulders and upper arms to your thighs and abs.

Tabata/Core - intervals of high intensity and rest; great fat burning workout.

Total Body/TotalBodyCARDIO - 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: 24 shallow/9 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.

Yoga BacktoBasics - Postures are built from the ground up; attention to hand/foot placements and details, builds on core strength (critical aspect to practicing postures) and a strong focus on balance and flexibility. All levels encouraged; challenging, fun, powerful.

Yoga Gentle Flow - Creative therapeutic blend of slow Vinyasa sequencing and breath techniques to gradually strengthen the body and mind in this unique form of gentle healing flows.

Yoga Hatha Flow - Dynamic flow of poses integrating breath, movement, and mindfulness. Warm up with variations of the Sun Salutation, followed by standing, balancing, and seated poses. Postures are held for several breaths at a time which are designed to invite a deeper opening of the body. Appropriate for all students, modifications for all levels.

Yoga Restorative - Positioning the body in a series of postures supported by props helps rejuvenate oneself, help aid in weight loss as well as balance the systems of the mind and body. Four to five postures are addressed each class and held anywhere from 10-20 minutes at a time. Learn to relax, relieve anxiety and balance the entire body. Wear loose, comfortable clothing in layers; the body cools significantly as the parasympathetic nervous system turns on! **60 min class.**

Yoga Meditative - fundamentals of meditation as an aid to relieve stress, promote deeper inner awareness and heighten mind/body sense of wellbeing. Explore sitting meditation (whether in chairs or on the floor), walking meditation and very slow moving Yoga Flow Meditation.

Yoga Variety - Gentle, yin, basic, Vinyasa (breath), and power. All levels are welcome.

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. Class Participation limit: 30.

SilverSneakers Yoga® - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **Limit: 35.**