

## GROUP EXERCISE SCHEDULE

JANUARY 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM		8:45-9:20 AM HIIT IT!	8:45-9:45 AM YOGA	8:45-9:45 AM INTERVAL WALK	8:45-9:20 AM HIIT IT!	8:45-9:45 AM YOGA	8:30-9:30 AM CORE CONDITIONING
10 AM		10-10:45 AM CHAIR YOGA					
3 PM	3:45-4:45 PM YOGA						
6 PM			6-7 PM YOGA		6-7 PM ZUMBA		
7 PM			7:15-7:45 PM HIIT IT!				
			NO CLASS - JAN 1				

## CLASS DESCRIPTIONS

**Yoga:** A series of flowing moves designed to help participants increase strength, balance, and flexibility, as well as learn to relax and de-stress. Children, accompanied by an adult, who can follow the teacher's instruction are welcome. A mat is required.

**Interval Walk:** Join us for a great time outside walking (or running - you choose the pace) and visiting with friends! The class meets at Post Oak Park, located at the southeast corner of Flower Mound Rd and Skillern Blvd. There are interval breaks with a variety of resistance exercises based upon body weight. Children, accompanied by an adult, who can follow the teacher's instruction are welcome. This class is OPEN TO THE PUBLIC.

**HIIT It!** Short bursts of high-intensity exercise with brief periods of rest in between. Interval training helps you to more effectively burn calories and increase your fitness level in less time. Children, accompanied by an adult, who can follow the teacher's instruction are welcome. A mat is required.

**Chair Yoga:** This class is designed to allow almost anyone to participate in a very gentle form of yoga. Chair Yoga will increase flexibility, strength, balance, and circulation, plus it encourages quiet reflection, proper breathing, and better posture. All poses are done either standing up or sitting in a chair. This class is OPEN TO THE PUBLIC.

**Zumba:** Ditch the old workout and enjoy the upbeat music and party atmosphere. The Zumba workout program, which combines Latin dance moves with resistance training, provides an intense workout no matter your fitness level. It also burns anywhere from 400-500 calories per session or more depending upon your intensity. Children, accompanied by an adult, who can follow the teacher's instruction are welcome.

**Core Training:** This class combines a variety of exercises that will train your core, increase strength and flexibility. A mat and a set of hand weights is required.



