



CANTON

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
Aqua Moves 7:45-8:30a Connie		Aqua Moves 7:45-8:30a Connie				18780 I-20 Service Rd Canton, TX. 75103 (903) 567-4590
Power Yoga 8:30-9:30a Connie	Cycle 8:30-9:30a Charlotte	Total Body Fitness 8:30-9:30a Charlotte		<div style="border: 1px solid black; padding: 2px; display: inline-block;">BOOTCAMP</div> 8:30-9:30a Charlotte	Power Hour 8:30-9:30a Stacey	
Chair Yoga 9:35-10:20a  Connie		Forever Fit 9:35-10:05a Charlotte	Aqua Moves 10:10-11:10a Charlotte		Forever Fit 9:35-10:05a Stacey	Aqua Moves 10:10-11:10a Stacey
					<u>Club Hours: 24/7 Access</u> <u>Pool Hours: 24/7 Access</u> *Pool/Spa closed for Physical Therapy: M-F 8:45-9:35a & 2-3p	
Cycle/Strength 5:30-6:30p Charlotte	 Yoga 5:30-6:30p Connie			Cycle 5:30-6:30p Charlotte		
Aqua Moves 6:35-7:35p Charlotte				Aqua Moves 6:35-7:35p Charlotte		<small>*Please note class schedule is modified periodically to address member feedback, class popularity, & participation level. Classes with low participation level (less than 5 per class) are subject to cancellation.</small>

Class Descriptions:

Total Body Fitness – Make your body your machine! Perform hundreds of exercises that build power, strength, flexibility, balance, mobility, & prevent injuries.

BootCamp – Intervals of cardio & Strength conditioning drills to firm you up while slimming you down. This high energy workout incorporates athletic movements such as plyo-metrics, performance drills, & easy to follow boxing drills. BootCamp is easily modified to suit all fitness levels.

Cycle – This all levels class is geared to both novice & veteran riders. You will experience athletic, adrenaline pumping, cycling drills all done to music within a group setting. If new to this class, come a little early to receive a personalized bike fit. Don't forget your water bottles...hydration is essential while riding.

Group Strength - A weight training class designed to achieve overall body strength and toning. Challenge yourself with a series of resistance exercises that targets major muscle groups and builds strength.

Cycle/Strength – This is a GREAT combo class that combines cycle with strength conditioning. We start with a 30- minute bike ride and finish the class with strength and core conditioning. This well rounded workout will in gage the cyclist in you while building strength.

Forever Fit – A low impact cardiovascular & strength workout that is designed for the older adult, pre/post-natal, de-conditioned, or post injury adult.

Power Hour – Improve your overall fitness w/ an upbeat, up-tempo, free weight infused cardio/plyo-metric program, set to energetic music. Burn calories while building that toned athletic body that you're willing to sweat for!

Aqua Moves – This is a non-impact class which focuses on functional movement in shallow water. Movement will focus on strength, cardiovascular fitness, balance/coordination, & flexibility. This workout is suitable for all fitness levels.

Chair Yoga - With a chair for support, this class challenges the body and mind through strengthening, stretching, and breathing. Members' flexibility, muscle tone, and spinal awareness will improve, adding to the quality of everyday movements as well as to members' other fitness pursuits. This class is for those who have issues getting up and down from the floor and prefer a chair for their main seat, and is appropriate for all fitness levels.

Yoga - Exercises are at a varying degree of difficulty with strength, flexibility, & overall well-being. You will leave feeling re-energized!

Power Yoga – Power Yoga is the dynamic mix of sweat and surrender which will challenge you to your edge and encourage you to reach your true potential in all your fitness endeavors. It is a series of postures that flow from one to the next, on breath. Modifications offered for less intense and more advanced pose options. The strength, flexibility, and mindfulness you cultivate in Power Yoga will enhance your total fitness program. The class begins and ends with breath awareness.