



OCTOBER/NOVEMBER

AEROBICS, FITNESS & SPINNING SCHEDULE

START TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:30		SPINNING LuAnn	TRX Group Training Trina	SPINNING LuAnn	Senior Boot Camp Annette		
8:45							
9:00						Power House Trina/Brandy (see below)	Cardio Circuit Marcy
9:00							
9:30		Water Aerobics Donna		Water Aerobics Donna	Water Aerobics Donna	Water Aerobics Tarshia	
9:30	YOGA Duane		YOGA Duane				
9:35		Weight Circuit Ann		Weight Circuit Sue		Weight Circuit Annette	
10:00							
10:35	Senior Aerobics Sandy		Senior Aerobics Trina		Chairobics Trina/Audrey	<p>October 1st - December 2nd</p> <hr/> <p>All classes are 55 minutes or less unless stated otherwise.</p> <hr/> <p>Cardio and Weight Circuit Classes are held in the Fitness Center.</p> <hr/> <p>Sat. Power House at 9am: 10/07 Major Tone Up w/Trina 10/14 R.I.P.P.E.D. w/Brandy 10/21 Major Tone-Up w/Trina 10/28 R.I.P.P.E.D w/Brandy 11/04 Major Tone-Up w/Trina 11/11 R.I.P.P.E.D. w/Brandy 11/18 Major Tone-Up w/Trina 11/25 No Class</p> <hr/> <p><u>Thanksgiving Club Hours:</u> Nov. 22 6am-3pm Nov. 23 Club Closed Nov. 24 9am-7pm No Fitness Classes 11/23-11/26</p>	
11:30							
1:00							
5:30							
6:00			R.I.P.P.E.D. Brandy				
6:15							
6:30	Yoga Benita	R.I.P.P.E.D. Brandy					
7:00							
7:30							

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Phone: 713.772.9955

Cardio Circuit: Participants perform rotating cardiovascular intervals on the various cardio machines in the fitness center. A fat burning and endurance building workout.

Chairbics: A choreographed workout using light dumbbells and gentle chair stretching. You will tone up all of your major muscle groups as well as lengthen them. Simple yet effective!

Major Tone-Up: A choreographed workout using a weighted bar and/or dumbbells. You will tone up all of your major muscle groups.

Mat Pilates: This class will increase your core strength and tone your muscles to give you a lean physique. This class involves slow and controlled movements.

Power House: A weekly rotating class that will feature class formats such as Hi/Lo Step, Zumba, Major Tone-Up, and others.

R.I.P.P.E.D.: This total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of **R**esistance, **I**ntervals, **P**ower, **P**lyometrics and **E**ndurance as the workout portion along with **D**iet suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Senior Aerobics: Class geared for the “Young at Heart”. A Lo-Impact floor workout combined with strengthening and stretching exercises. This class is NOT for Seniors only. Beginners are encouraged and welcome.

Senior Boot Camp: A class for all ages that focuses on building your balance, endurance and strength through stationed based exercises. Participants work at their own pace.

Spinning®: A unique 45 minute stationary cycling class that brings the element of athletic training to people of all ages and fitness levels. This high energy class integrates music, camaraderie, and visualization in a complete mind/body exercise routine.

TRX Group Training: Group suspension training class that utilizes the TRX Suspension Trainer to perform bodyweight exercises that aid in the development of strength, balance, flexibility and core stability simultaneously. The TRX Suspension Trainer is a highly portable performance training tool that leverages gravity and the user’s body weight to complete hundreds of exercises.

Weight Circuit: A 60 minute fitness center class where participants perform intense resistance training in 45 second intervals. Workout includes upper and lower body exercises as well as abdominal work. (Participants must know how to use all of the equipment before attending 1st class).

Water Aerobics: This class lets the coolness, and smoothness of water provide all the muscle resistance you need to benefit from a great cardio workout without the wear and tear on your joints of traditional methods. You can take the class at your own pace, and is great for all ages.

Yoga: Yoga is a 8,000 year old art of total fitness. It promotes toning of body organs, calming of the nerves, and strengthening of the muscles. Emphasis is on body alignment, increased bone density, and flexibility. Yoga is age defying!!

Zumba: Zumba combines high energy, motivating, Latin based music with unique moves and floor combinations. Participants can dance away their worries. Zumba is for all fitness levels.