

FEBRUARY FRISCO LAKES GEX SCHEDULE

exos	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	Sit & B Fit Gigi VC A & B Pound & Abs Express 8:15 - 8:45 Andy VC D & E	Total Strength & Pillar Jennifer VC A & B Stretch & Balance Anita VC D & E	Sit & B Fit Jennifer VC A & B Yoga 101 Andy VC D & E	Yoga w/Chair (A) Paula VC A & B Total Strength & Pillar Lisa VC GEX	Functional Fitness Anita VC A & B Cardio Chisel Andy VC D & E	9am : Cardio & Strength Circuit Various VC A & B 10am : Restorative Yoga Various VC A & B 10am : Fun & Fit Aqua (A) Saturday, February 10th Anita VC Indoor Pool
9 AM	Line Dance Eileen VC A & B Low Impact Cardio Andy VC D & E Shallow & Deep Gigi Indoor Pool	Sit & B Fit (A) Lisa VC A & B Walk It & Work It w/Bands Elizabeth VC D & E Restorative Yoga Eileen VC GEX Fun & Fit Aqua Anita Indoor Pool	Low Impact Cardio & Weights Andy VC A, B & C Dance 4 Fun (A) Christie VC D & E Shallow & Deep Sally Indoor Pool	Sit & B Fit Elizabeth VC A & B LaBlast (A) Kim VC D & E Mat Pilates Paula VC C	Pilates Barre Andy A & B Dance 4 Fun (A) Christie NVC Social Restorative Yoga Eileen VC GEX Fun & Fit Aqua Anita Indoor Pool	MONTHLY UNLIMITED GROUP EXERCISE CLASS PASS \$40 on or before the 5th of the month \$45 on or after the 6th of the month SINGLE CLASS PASS \$6 Single Class Pass \$8 Single Guest Pass CLASS LOCATION KEY VC = Village Center NVC = Northside Village Center
10	Yoga w/Chair (A) Eileen VC A & B	Yoga w/Chair (A) Elizabeth VC A & B Intermediate Yoga Paula VC GEX	Line Dance Eileen VC A & B Fun & Fit Aqua Sally Indoor Pool	Tai Chi (A) Elizabeth VC A & B Intermediate Yoga Paula VC GEX	Stretch & Balance w/Chair Lisa VC A & B Restorative Yoga Eileen VC GEX	

NOTICES

LOCATION CHANGE: Monday, February 5th - Pound & Abs Express & Low Impact Cardio w/Andy will meet in NVC Social due to NAC meeting.

CANCELLATION: Monday, February 5th - Shallow & Deep will be cancelled due to hyperchlorination.

Friday, February 9th 11am in VC GEX: Belly Dance w/C.C. for heart health. Learn the fundamentals of movement for the arms, chest, belly and hips artfully woven into fluid choreography.

Monday, February 12th 6:30pm in Ballroom E: Buddy Stretch w/Kay for heart health. Lengthen and strengthen your body while reaping the benefits. Bring a mat and a towel/blanket.

Tuesday, February 13th 10am in Ballroom D&E: Dance Away the Pounds Express w/Eileen for Mardi Gras & heart health. Cardio exercise w/dance steps that are easy, fast-paced and fun!

Wednesday, February 14th 11am in Ballroom E: Buddy Stretch w/Kay for Valentine's Day & heart health

Friday, February 16th 11am in VC GEX: Belly Dance w/C.C. for heart health

Monday, February 20th 10am in Ballroom D&E: Dance Away the Pounds Express w/Eileen for heart health

All classes are 45 minutes in length unless otherwise noted. Classes subject to change without notice.

Please bring your own mat for any yoga (except yoga w/chair), pilates barre, mat pilates, total strength, cardio/strength circuit classes.

Please bring your own noodle for outdoor water classes.

Group Exercise Class Descriptions

Dance Inspired Classes

Dance 4 Fun - Energizing low-impact cardio that incorporates dance moves. **(A)**

LaBlast® - This dance fitness program is based on all the ballroom dances you see on "Dancing with the Stars". It is partner-free. Those with mobility challenges are welcome.

Line Dance - Have fun with easy-to-learn dances with a group. Partner free!

Gentle Fitness Classes

Low Impact Cardio - Easy-to-follow moves are done with minimal impact on your joints. Continuous movement targets heart health.

w/Weights - also includes 15 minutes of weight training

Sit & Be Fit - Light cardio and strength training done standing or seated to improve flexibility, muscular endurance and heart health. **(C)**

Stretch & Balance - Stretches to foster joint range of motion. Balance exercises promote core strength and promote fall prevention.
w/Chair - performed w/the aid of a chair. **(C)**

Tai Chi - The perfect combination of balance and memory challenges awaits you in this popular form of gentle exercise and moving meditation. Participation can be done standing or sitting. **(A)(C)**

Moderate / Faster Paced Fitness Classes

Cardio & Strength Circuit- Intervals of weight training and cardio exercises boosts metabolism and energy.

Cardio Chisel - Cardio with heart-pumping intervals & body-weight strength exercises.

Functional Fitness - Exercise that supports your everyday life. It includes movements such as walking, pushing, pulling, bending, squatting, lunging, and core. These exercises improve functional strength. **(C)**

Pound & Abs Express - Standing cardio-core training using 1/2 lb Ripstix + core strengthening floorwork targeting the upper & lower abdominals. **(E) (M)**

Total Strength & Pillar - Strength training and core exercises using various resistance equipment provides a total body workout. **(M)**

Walk It & Work It w/Bands - Walking cardio routines interlaced with upper body strength exercises using resistance bands.

A - Adaptive: adapted to meet individual needs.
C - Chair available for balance assistance
E - 30-minute express class*
F - Fusion class combines 2 or more formats
M - Bring a mat; floorwork included
***Non-express classes are 45 minutes**

Yoga / Pilates Classes

Pilates – Exercises target abdominal/core muscle strength and improves balance and posture.

Mat Pilates - Pilates with floor exercises **(M)**

Pilates Barre - Yoga warm-up and barre training, on and off the mat using light weights, core balls and gliding discs **(C) (F) (M)**

Yoga - Yoga practice increases awareness of the body on all levels: physical, emotional, and mental. Coordination of breath work and body movements helps release tension and reduce stress.

101 - Fundamental poses sequenced for holds, slow flows and stretching, connecting breath with movement. **(M)**

Intermediate - Challenging strength and flexibility exercises for experienced yogis **(M)**

Restorative - Poses held longer for muscle tension relief and improved flexibility **(A) (M)**

w/Chair - Standing and/or seated poses **(A) (C)**

Aqua Classes

Fun & Fit Aqua - Anything goes in this high-energy cardio-based aqua class. The added resistance of the water also improves muscle tone.

Shallow & Deep - Cardio & muscle toning class adapted to your choice of the shallow or deep end.