

APRIL FRISCO LAKES GEX SCHEDULE

exos	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	Sit & B Fit Gigi VC A & B Arms & Abs w/Bands 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 Paula VC A & B Total Strength & Pillar Lisa VC GEX	Sit or Stand Cardio Drumming Express 8:15 - 8:45 Whitney VC A & B Low Impact Cardio Andy VC D & E	9am : Cardio & Strength Circuit Various VC A & B 10am : Restorative Yoga Various VC A & B 10am : Fun & Fit Aqua Saturday, April 8th & 29th Anita Indoor Pool
9 AM	Line Dance Eileen VC A & B Low Impact Cardio Andy VC D & E Deep Water Gigi Indoor Pool	Sit & B Fit Lisa VC A & B Walk It & Work It w/Bands Elizabeth VC D & E Restorative Yoga Eileen VC C Fun & Fit Aqua Anita Indoor Pool	Low Impact Cardio & Weights Andy VC A, B & C Dance 4 Fun Christie VC D & E Deep Water Sally Indoor Pool	Sit & B Fit Elizabeth VC A & B LaBlast® Whitney VC D & E Mat Pilates Paula VC C Fun & Fit Gentle Aqua Anita Indoor Pool	Pilates Barre Andy A & B Dance 4 Fun Christie NVC Social Restorative Yoga Eileen VC GEX	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 AM	Yoga w/Chair Eileen VC A & B	Qi Gong Elizabeth VC A & B Intermediate Yoga Paula VC GEX	Line Dance Eileen VC A & B Fun & Fit Aqua Sally Indoor Pool	Chair Qi Gong Elizabeth VC A & B Intermediate Yoga Paula VC GEX Adaptive Aquatics Anita Indoor Pool	Stretch & Balance w/Chair Lisa VC A & B Restorative Yoga Eileen VC GEX	
11 AM						exos
5:30 PM			Mid-Week Mash Up Whitney VC GEX			

NOTICES

LOCATION CHANGE: Monday, April 3rd - Arms & Abs w/Bands Express & Low Impact Cardio will meet in NVC Social.

CANCELLATION: Monday, April 3rd - Deep Water will be cancelled due to hyperchlorination.

NEW CLASS: Qi Gong w/Elizabeth, Tuesdays 10am in Ballroom A&B, slow & gentle motions to optimize energy w/in the body, mind, & spirit, boosting health, vitality & mental clarity.

NEW CLASS: Adaptive Aquatics w/Anita, Thursdays 10am Indoor Pool, for those w/physical disabilities, rehabbing from injuries or joint replacement, or those who have been inactive.

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.

LaBlast® - This dance fitness program is based on all the ballroom dances you see on "Dancing with the Stars". It is partner-free. 1-2 lbs weights available.

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

Gentle Fitness Classes

Qi Gong - Slow & gentle motions to optimize energy w/in the body, mind, & spirit. These exercises are proven to boost health, vitality, internal power, and mental clarity.

w/Chair - performed while seated. (C)

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. (C)

Stretch & Flexibility - Stretching techniques to improve flexibility and range of motion. (M)

Moderate / Faster Paced Fitness Classes

Arms & Abs w/Bands - Target & sculpt upper body muscles & core using various resistance tools. (M) (E)

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

Cardio Drumming - Drum on a stability ball while working all muscle groups, including your core! Great cardio workout set to upbeat music! (C) (E)

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.

F - Fusion class combines 2 or more formats
M - Bring a mat; floorwork included
C - Chair available for balance assistance
E - 30-minute express class*
***Non-express classes are 45 minutes**

Mid-Week Mash Up

Week #1 & #3 - Stretch & Flexibility (M)

Week #2 & #4 - LaBlast®

Week #5 - Instructor's Choice

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 yogies (M)

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

w/Chair - Standing and/or seated poses ©

Aqua Classes

Adaptive Aquatics - This program is for those with physical disabilities, rehabbing from injuries or joint replacement, or those who have been inactive

Deep Water - Build strength & tone arms, hips & legs. Challenge your body using various flotation devices w/water's resistance.

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

Fun & Fit Gentle Aqua - A gentle low-impact version of Fun & Fit Aqua which improves functional movement and activities by increasing muscle strength and joint motion.