

# SEPTEMBER FRISCO LAKES GEX SCHEDULE

exos	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	<b>Sit &amp; B Fit</b> Gigi VC A & B <b>Arms &amp; Abs Express</b> 8:15 - 8:45 Andy VC D & E	<b>Total Strength &amp; Pillar</b> Jennifer VC A & B <b>Stretch &amp; Balance</b> Anita VC D & E	<b>Sit &amp; B Fit</b> Jennifer VC A & B <b>Yoga 101</b> Andy VC D & E	<b>Yoga w/Chair (A)</b> Paula VC A & B  <b>Total Strength &amp; Pillar</b> Lisa VC GEX	<b>Functional Fitness</b> Anita VC A & B <b>Cardio Chisel</b> Andy VC D & E	<b>9am: Cardio &amp; Strength Circuit</b> Various VC A & B <b>10am : Restorative Yoga</b> Various VC A & B  <b>10am : Fun &amp; Fit Aqua (A)</b> Saturday, Sept. 14th Anita VC Indoor Pool
9 AM	<b>Line Dance</b> Eileen VC A & B <b>Low Impact Cardio</b> Andy VC D & E  <b>Shallow &amp; Deep</b> Gigi Indoor Pool	<b>Sit &amp; B Fit (A)</b> Lisa VC A & B <b>Walk It &amp; Work It w/Bands</b> Elizabeth VC D & E <b>Restorative Yoga</b> Eileen VC GEX <b>LaBlast (A)</b> Kim NVC Social <b>Fun &amp; Fit Aqua</b> Anita Indoor Pool	<b>Low Impact Cardio &amp; Weights</b> Andy VC A, B & C <b>Dance 4 Fun (A)</b> Christie VC D & E  <b>Shallow &amp; Deep</b> Sally Indoor Pool	<b>Sit &amp; B Fit</b> Elizabeth VC A & B <b>LaBlast (A)</b> Kim VC D & E <b>Mat Pilates</b> Paula VC C <b>The Core Express</b> Gary VC GEX	<b>Pilates Barre</b> Andy A & B <b>Dance 4 Fun (A)</b> Christie NVC Social <b>Restorative Yoga</b> Eileen VC GEX  <b>Fun &amp; Fit Aqua</b> Anita Indoor Pool	<b>MONTHLY UNLIMITED</b> <b>GROUP EXERCISE</b> <b>CLASS PASS</b> <b>\$40 on or before the 5th of the month</b> <b>\$45 on or after the 6th of the month</b>  <b>SINGLE CLASS PASS</b> \$6 Single Class Pass \$8 Single Guest Pass  <b>CLASS</b> <b>LOCATION KEY</b> VC = Village Center NVC = Northside Village Center
10 AM	<b>Yoga w/Chair (A)</b> Eileen VC A & B	<b>Yoga w/Chair (A)</b> Elizabeth VC A & B <b>Intermediate Yoga</b> Paula VC GEX	<b>Line Dance</b> Eileen VC A & B  <b>Fun &amp; Fit Aqua</b> Sally Indoor Pool	<b>Tai Chi &amp; Yoga Fusion (A)</b> Elizabeth VC A & B <b>Intermediate Yoga</b> Paula VC GEX	<b>Stretch &amp; Balance w/Chair</b> Lisa VC A & B <b>Restorative Yoga</b> Eileen VC GEX	
11 AM						

## NOTICES

**LABOR DAY GEX CLASSES:** Monday, September 2nd - 9am Line Dance & 10am Yoga w/Chair w/Eileen in Ballroom A&B. All other classes cancelled for the holiday.

**NEW CLASS:** Arms & Abs Express w/Andy, Mondays 8:15am Ballroom D&E, arms & abs focused bodyweight strength class with intervals & floorwork. Mat is required.

**NEW CLASS:** Tai Chi & Yoga Fusion w/Elizabeth, Thursdays 10am Ballroom A&B, fluid movement in blending Tai Chi & Yoga to maximize balance & memory challenges.

**LOCATION CHANGE:** Monday, September 9th - Arms & Abs Express & Low Impact Cardio w/Andy will meet in NVC Social due to NAC meeting.

**LOCATION CHANGE:** All outdoor water classes will now meet indoors.

**CLASS CHANGE:** Saturday, September 28th - 9am Dance Away the Pounds Express Plus Weights w/Eileen will replace Cardio & Strength Circuit.

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.