

SEPTEMBER FRISCO LAKES GEX SCHEDULE

exos	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	Sit & B Fit Gigi VC A & B Arms & 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, Sept. 14th Anita VC Indoor Pool
9 AM	Line Dance Eileen VC A & B Low Impact Cardio Andy VC D & E	Sit & B Fit (A) Lisa VC A & B Walk It & Work It w/Bands Elizabeth VC D & E Restorative Yoga Eileen VC GEX LaBlast (A) Kim NVC Social Fun & Fit Aqua Gigi 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 The Core Express Gary VC GEX	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
10 AM	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 & Yoga Fusion (A) Elizabeth VC A & B Intermediate Yoga Paula VC GEX	Stretch & Balance w/Chair Lisa VC A & B Restorative Yoga Eileen VC GEX	CLASS LOCATION KEY VC = Village Center NVC = Northside Village Center
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.