

# AUGUST FRISCO LAKES GEX SCHEDULE

exos	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM	Sit & B Fit Gigi VC A & B <b>Pound &amp; Abs Express</b> <b>8:15 - 8:45</b> Andy VC D & E	Total Strength & Pillar Jennifer VC A & B <b>Stretch &amp; Balance</b> Anita VC D & E	Sit & B Fit Jennifer VC A & B <b>Yoga 101</b> Andy VC D & E	Yoga w/Chair (A) Paula VC A & B <b>Total Strength &amp; Pillar</b> Lisa VC GEX	Functional Fitness 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> <b>Saturday, Aug. 10th &amp; 31st</b> Anita VC Indoor Pool
9 AM	<b>Line Dance</b> Eileen VC A & B <b>Low Impact Cardio</b> Andy VC D & E	<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>Low Impact Cardio &amp; Weights</b> Andy VC A, B & C <b>Dance 4 Fun (A)</b> Christie VC D & E	<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>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
10 AM	<b>Fun &amp; Fit Aqua Outdoors</b> Gigi Outdoor Pool	<b>Fun &amp; Fit Aqua Outdoors</b> Anita NVC Pool	<b>Fun &amp; Fit Aqua Outdoors</b> Anita Outdoor 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	<b>CLASS</b> <b>LOCATION KEY</b> VC = Village Center NVC = Northside Village Center
11 AM						

## NOTICES

**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.**

**CLASS TIME CHANGE: The Core Express w/Gary on Thursdays will now meet at 9am in the VC GEX room.**

**LOCATION CHANGE: Tuesday 9am Fun & Fit Aqua Outdoors will now meet in the NVC Pool.**

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

**LOCATION CHANGE: Tuesday, August 6th & Tuesday, August 13th LaBlast w/Kim will meet in the NVC GEX room.**

**CLASS CHANGE: Saturday, August 24th - 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.

## Group Exercise Class Descriptions

<u>Dance Inspired Classes</u>	<u>Moderate / Faster Paced Fitness Classes</u>	<u>Yoga / Pilates Classes</u>
<p><b>Dance Away the Pounds Express Plus Weights</b> - Have fun in this express dance class and feel free to stay for a short session with weights. (F)</p> <p><b>Dance 4 Fun</b> - Energizing low-impact cardio that incorporates dance moves. (A)</p> <p><b>LaBlast®</b> - 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.</p> <p><b>Line Dance</b> - Have fun with easy-to-learn dances with a group. Partner free!</p> <p><b>Gentle Fitness Classes</b></p> <p><b>Low Impact Cardio</b> - Easy-to-follow moves are done with minimal impact on your joints. Continuous movement targets heart health.</p> <p><b>w/Weights</b> - also includes 15 minutes of weight training</p> <p><b>Sit &amp; Be Fit</b> - Light cardio and strength training done standing or seated to improve flexibility, muscular endurance and heart health. (C)</p> <p><b>Stretch &amp; Balance</b> - Stretches to foster joint range of motion. Balance exercises promote core strength and promote fall prevention.</p> <p><b>w/Chair</b> - performed w/the aid of a chair. (C)</p> <p><b>Tai Chi &amp; Yoga Fusion</b> - Fluid movement in blending Tai Chi &amp; Yoga maximizing balance and memory challenges. Participation can be done standing or sitting. (A)(C)</p>	<p><b>Cardio &amp; Strength Circuit</b> - Intervals of weight training and cardio exercises boosts metabolism and energy.</p> <p><b>Cardio Chisel</b> - Cardio with heart-pumping intervals &amp; body-weight strength exercises.</p> <p><b>The Core Express</b> - This 30-minute class will concentrate on strengthening the foundation of the body resulting in improved balance, flexibility, posture, stability, etc. reducing the risk of falls and common injuries. (E) (M)</p> <p><b>Functional Fitness</b> - 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)</p> <p><b>Pound &amp; Abs Express</b> - Standing cardio-core training using 1/2 lb Ripstix + core strengthening floorwork targeting the upper &amp; lower abdominals. (E) (M)</p> <p><b>Total Strength &amp; Pillar</b> - Strength training and core exercises using various resistance equipment provides a total body workout. (M)</p> <p><b>Walk It &amp; Work It w/Bands</b> - Walking cardio routines interlaced with upper body strength exercises using resistance bands.</p>	<p><b>Pilates</b> - Exercises target abdominal/core muscle strength and improves balance and posture.</p> <p><b>Mat Pilates</b> - Pilates with floor exercises (M)</p> <p><b>Pilates Barre</b> - Yoga warm-up and barre training, on and off the mat using light weights, core balls and gliding discs (C) (F) (M)</p> <p><b>Yoga</b> - 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.</p> <p><b>101</b> - Fundamental poses sequenced for holds, slow flows and stretching, connecting breath with movement. (M)</p> <p><b>Intermediate</b> - Challenging strength and flexibility exercises for experienced yogis (M)</p> <p><b>Restorative</b> - Poses held longer for muscle tension relief and improved flexibility (A) (M)</p> <p><b>w/Chair</b> - Standing and/or seated poses (A) (C)</p> <p><b>Aqua Classes</b></p> <p><b>Fun &amp; Fit Aqua</b> - Anything goes in this high-energy cardio-based aqua class. The added resistance of the water also improves muscle tone.</p> <p><b>Shallow &amp; Deep</b> - Cardio &amp; muscle toning class adapted to your choice of the shallow or deep end.</p>

**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