

AUGUST 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, Aug. 10th & 31st Anita VC Indoor Pool
9 AM	Line Dance Eileen VC A & B Low Impact Cardio Andy VC D & E Fun & Fit Aqua Outdoors Gigi Outdoor Pool	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 Outdoors Anita NVC Pool	Low Impact Cardio & Weights Andy VC A, B & C Dance 4 Fun (A) Christie VC D & E Fun & Fit Aqua Outdoors Anita Outdoor 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 Outdoors Anita Outdoor 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 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 Shallow & Deep Anita 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	
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

Dance Inspired Classes

Dance Away the Pounds Express Plus Weights - Have fun in this express dance class and feel free to stay for a short session with weights. **(F)**

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 & Yoga Fusion - Fluid movement in blending Tai Chi & Yoga maximizing balance and memory challenges. 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.

The Core Express - 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)**

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.