

# Group X Schedule

\*\*\*To reserve your spot, go online to [cabcwaco.org/thecenter](http://cabcwaco.org/thecenter) and click on Mindbody to get started.

| Time and Day | Monday                                              | Tuesday                                          | Wednesday                                           | Thursday                                                     | Friday                                                                                                                             |
|--------------|-----------------------------------------------------|--------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 6:15am       | BODYPUMP<br>Group X Studio<br>Jason                 |                                                  |                                                     |                                                              |                                                                                                                                    |
| 8:00am       |                                                     |                                                  |                                                     |                                                              |                                                                                                                                    |
| 9:00am       | Water Aerobics<br>Pool (Shallow/Deep)<br>Michele    |                                                  | Water Aerobics<br>Pool (Shallow/Deep)<br>Michele    |                                                              | Water Aerobics<br>Pool (Shallow/Deep)<br>Michele                                                                                   |
| 10:15am      | SilverSneakers Classic<br>Group X Studio<br>Michele |                                                  | SilverSneakers Classic<br>Group X Studio<br>Michele | 10:00am *Begins Feb. 7th*<br>PiYo<br>Group X Studio<br>Janet | SilverSneakers Classic<br>Group X Studio<br>Michele                                                                                |
| 12:00pm      |                                                     |                                                  | BODYPUMP<br>Group X Studio<br>Janet                 |                                                              |                                                                                                                                    |
| 4:00pm       | Water Aerobics<br>Pool (Shallow/Deep)<br>Joy        | Water Aerobics<br>Pool (Shallow/Deep)<br>Jessica |                                                     | Water Aerobics<br>Pool (Shallow/Deep)<br>Jessica             |                                                                                                                                    |
| 5:30pm       | Water Aerobics<br>Pool (Shallow/Deep)<br>Diane      | Water Aerobics<br>Pool (Shallow/Deep)<br>Diane   | BODYCOMBAT<br>Group X Studio<br>Elisabeth           | Water Aerobics<br>Pool (Shallow/Deep)<br>Diane               |                                                                                                                                    |
| 5:30pm       | Revelation Wellness<br>Group X Studio<br>Breanne    | BODYPUMP<br>Group X Studio<br>Janet              |                                                     | BODYPUMP<br>Group X Studio<br>Jason                          |                                                                                                                                    |
| 6:00pm       |                                                     |                                                  |                                                     |                                                              | <br>theCENTER<br>EXERCISING THE BODY & SPIRIT |

## **LES MILLS BODY PUMP**

Instructor: Jason Phillips, Janet Garcia

Description: BODYPUMP is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. It will also tone and shape your body, without adding bulky muscles. Instructors will show you all the moves and techniques to make your first class safe and fun. You will leave feeling challenged and motivated, ready to come back for more.

## **Water Aerobics**

Instructors: Michele Bryan, Jessica Ochoa & Diane Bates

Description: We have both deep and shallow classes available. Our pool is heated to around 90 degrees so you can swim in comfort all year long.



Instructor: Michele Bryan and Janet Garcia (sub)

Description: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available is needed for seated and standing support.

## **LES MILLS BODYCOMBAT**

Instructor: Elisabeth Avila

Description: BODYCOMBAT is a high-energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. It's totally non-contact and there are no complex moves to master. The instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.



Instructor: Breanne Johnson

Description: A 60 minutes class unlike any other faith & fitness class because it is designed to train your faith first, then your fitness (and body) will simply fall in line. This class uses choreographed workouts, dance, cardio, and rhythm sticks to get your heart rate going.



Instructor: Janet Garcia

Sweat, stretch and strengthen in one low-impact, body sculpting workout. PiYo cranks up the intensity and speed of traditional Pilates and Yoga. When you're done, you'll feel that exhilarating glow that comes with doing something great for your body.