

Group X Schedule

***To reserve your spot, go online to cabcwaco.org/thecenter and click on Mindbody to get started.

Time and Day	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am	BODYPUMP Group X Studio Jason				
8:00am					
9:00am	Water Aerobics Pool (Shallow/Deep) Michele		Water Aerobics Pool (Shallow/Deep) Michele		Water Aerobics Pool (Shallow/Deep) Michele
10:15am	SilverSneakers Circuit Group X Studio Michele		SilverSneakers Circuit Group X Studio Michele	CXWORX (30 min) Piyo (30 min) Group X Studio Janet	SilverSneakers Circuit Group X Studio Michele
12:00pm			BODYPUMP Group X Studio Janet		
4:00pm	Water Aerobics Pool (Shallow/Deep) Susan	Water Aerobics Pool (Shallow/Deep) Susan		Water Aerobics Pool (Shallow/Deep) Susan	
5:30pm	Water Aerobics Pool (Shallow/Deep) Diane	Water Aerobics Pool (Shallow/Deep) Diane		Water Aerobics Pool (Shallow/Deep) Diane	
5:30pm	Revelation Wellness Group X Studio Breanne	BODYPUMP (30 min) CXWORX (30 min) Group X Studio Janet		BODYPUMP Group X Studio Jason	
6:00pm					 theCENTER <small>EXERCISING THE BODY & SPIRIT</small>

LES MILLS **BODYPUMP**

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, Susan Stanley & 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: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.



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.



Instructor: Janet Garcia

CXWORX is a challenging 30-minute core training workout that delivers proven results for all fitness levels. It is designed to build strength, stability and endurance in the global muscles that support your core, including the abdominals, glutes and back muscles. More than just an ab workout. The workout is designed around exercise bands, weight plates, body weight and resistance exercises.