

# 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       | Aqua Tone<br>Pool (Shallow/Deep)<br>Michele         |                                                | Aqua Tone<br>Pool (Shallow/Deep)<br>Michele         |                                                | Aqua Tone<br>Pool (Shallow/Deep)<br>Michele                                                                                        |
| 10:15am      | SilverSneakers Circuit<br>Group X Studio<br>Michele |                                                | SilverSneakers Circuit<br>Group X Studio<br>Michele | PiYo<br>Group X Studio<br>Janet                | SilverSneakers Circuit<br>Group X Studio<br>Michele                                                                                |
| 12:00pm      |                                                     |                                                | BODYPUMP<br>Group X Studio<br>Janet                 |                                                |                                                                                                                                    |
| 4:00pm       | Water Aerobics<br>Pool (Shallow/Deep)<br>Susan      | Water Aerobics<br>Pool (Shallow/Deep)<br>Susan |                                                     | Water Aerobics<br>Pool (Shallow/Deep)<br>Susan |                                                                                                                                    |
| 5:30pm       | Water Aerobics<br>Pool (Shallow/Deep)<br>Diane      | Water Aerobics<br>Pool (Shallow/Deep)<br>Diane |                                                     | Water Aerobics<br>Pool (Shallow/Deep)<br>Diane |                                                                                                                                    |
| 5:30pm       | BODYFLOW<br>Group X Studio<br>Janet                 | 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 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: Susan Stanley & Diane Bates

Description: This class offers an excellent form of cardio exercise for those seeking a low impact way of exercising while toning your body. We have both deep and shallow classes available. Our pool is heated to around 90 degrees so you can

AQUA  
TONE



Instructors: Michele Bryan

Description: This class is lower in intensity than other water aerobics classes. It works through joint mobility, strengthening and toning the body while increasing the heart rate. Stretching is included at the end of the class.



Instructor: Michele Bryan

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: Janet Garcia

BODYFLOW is Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



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.