

SEPT/OCT TEXAS DRIVE FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Total Body 7:15–7:45 Jan	Sunrise Yoga 7:30–8:30 Ellen	Total Body 7:15–7:45 Jan	Sunrise Yoga 7:30–8:30 Ellen	Total Body 7:15–7:45 Jennifer	Pilates 8:15–9:15 Nancy
Cardio Dance 8:00–9:00 Marivic	Pilates 9:00 -10:00 Marivic	Cardio Dance 8:00–9:00 Marivic	Pilates 9:00-10:00 Marivic	Cardio Dance 8:00-9:00 KayLynn	Step & Tone 9:30–10:30 Leslie
 Aqua Fitness 9:30–10:30 Luz	 Aqua Fitness 9:30–10:30 Tammy	 Aqua Fitness 9:30–10:30 Luz	 Aqua Fitness 9:30–10:30 Luz	 Aqua Fitness 9:30–10:30 Jennifer	 Aqua Fitness 9:30–10:30 Jennifer
Sit-n-Fit 9:30–10:30 Melissa	Guts & Glutes 10:15-10:45 Jennifer	Sit-n-Fit 9:30–10:30 KayLynn	Guts & Glutes 10:15-10:45 Jennifer	Sit-n-Fit 9:30–10:30 Jen	Beginner Strength 11:00–11:30 Jennifer
Strength 11:00–noon Leslie	Strength 11:00–noon Luz	Strength 11:00–noon Leslie	Strength 11:00–noon Luz	Strength 11:00–noon Leslie	
 Aqua Fitness 11:00–noon Luz	 Aqua Fitness 11:00–noon Tammy	 Aqua Fitness 11:00–noon Tammy	 Twinges & Hinges 11:00–noon Jen	 Aqua Fitness 11:00–noon Jennifer	
Zumba 12:15-1:00 Luz	Kick Boxing 12:15-12:45 Beth	Balance & Stretch 12:15-1:00 Kathy	Kick Boxing 12:15-12:45 Beth	Parkinson's Balance 12:15-1:00 Michelle	
	Parkinson's Knock Out 1:15–1:55 Allison		Parkinson's FIT 1:15–1:55 Michelle		
Pilates 1:30–2:30 Jen	Functional Body 2:30-3:00 Jennifer	Pilates Classic 1:30–2:30 KayLynn	Functional Body 2:30-3:00 Jennifer	Pilates 1:30–2:30 Jen	
Balance & Stretch 3:00–3:45 Kathy	Slow Flow 3:15-4:15 Winnie	Yoga 3:15–4:15 Jen	Pilates 3:15–4:15 Nancy		
 Aqua Fitness 5:30–6:30 Howie	Zumba 4:30-5:30 Vickie	 Aqua Fitness 5:30–6:30 Howie			
 Aqua Fitness 6:45–7:45 Howie Happy Hour	 Aqua Fitness 5:30-6:30 Jennifer	 Aqua Fitness 6:45-7:45 Howie Happy hour	 Aqua Fitness 5:30–6:30 Maggie		

Class Descriptions

Aqua Fitness Various cardio and strength training exercises using resistance equipment to increase heart and lung function. All classes end with cool down and stretching exercises to improve flexibility. 60 min. Level 2 – 4

Balance and Stretch Standing balance and gait work followed by stretching on the floor. 45 min. Level 2-3

Beginner Strength: Beginner Strength A full-body strength workout using various resistance equipment. 30 min. Level

Cardio Circuit: Each circuit includes 3 to 4 exercises for the hips, glutes thighs, abs and upper body followed by high Intensity cardio. Level 2-5

Cardio Dance Dance your way to fitness. Choreographed dance movements to enhance cardiovascular, coordination and rhythm. 60 min. Level 2 – 4

Cardio Kickboxing Easy non-contact Kickboxing. Jab, hook, cross, uppercut and kicking. 30 min. Level 2 – 4

Core Blast: Core blast is a short yet challenging workout that targets your abs. A strong core can improve balance and overall strength. Level 2-5

Guts & Glutes lower body work with weights followed by power ABS, level 2-5

Functional Body Weight: Bodyweight training (or strength training exercises that do not require free weights or machines) 30 Minute class. Level 2-5

improve balance and range of motion. 45 min. Level 2- 3

Parkinson's Balance This class moves at a slower pace for balance and strength. 30 min. Level 1.

Parkinson's FIT This will help improve mobility, stability, strength, endurance, cognition, and flexibility. A combination of seated and standing stretching and strengthening exercises. Team and individual exercises and activities are adjusted to everyone's level of fitness and ability. 40 min. Level 2 – 4.

Parkinson's Knock Out Chair and standing boxing workout. You will learn simple knock-out boxing moves and use them in fun combinations to strengthen and tone your muscles while improving your cardio fitness. This workout is suitable for beginners and those who can't stand for long, but also challenging enough for people of higher fitness levels. 40 min. Levels 2 - 4

Pilates Develop balance, flexibility, and core strength with focus on abdominals and back while improving posture. 60 min. Level 2 – 3

Pilates Classic: Traditional Pilates taught on the Joseph Pilates 8 principles method. Level 2-5
deep relaxation to get you grounded and balanced. 60 min. Level 1- 4

Slow Flow Yoga Warm up and move through uplifting rounds Yoga poses that will stretch and strengthen muscles, improve balance, and increase range of motion. Class will end with a 10-minute final relaxation. You will need to be able to get up and down off the mat. 60 min. Level 3 – 4

Sit-n-Fit Chair exercises/optional standing - Focus on movements to increase balance, strength, stamina, flexibility, and range of motion to maintain or improve functional living. 60 min. Level 1 – 2

Step Choreographed step aerobics to improve cardiovascular fitness. 45 min. Level 3 – 4

Step & Tone Step aerobics for cardio fitness with added 15 minutes of strength. Level 3-4

Strength body exercises to build strength and muscular endurance. Followed by stretch and cool down. 60 min. Level 2 – 4

Sunrise Yoga Stretch to warm up the body, followed by sun salutations and an invigorating vinyasa flow. Ending with a final relaxation and meditation. Basic yoga principles are a prerequisite. 60 min. Level 3

Total Body Work all your muscle groups in this class designed to build strength, add definition, increase bone density, and decrease body fat by increasing lean muscle. 30 min. Level 2 – 4

Twinges & Hinges Designed to reduce pain and stress on the joints while improving endurance and balance. 60 min. Level 1 -2

Yoga Class includes multiple levels of various yoga postures to enhance strength and flexibility. 60 min. Level 2 - 4

Zumba Dance your way to a strong core and cardiovascular fitness in this fun, Latin-based dance class.45 or 60 min. Level 2 – 4

Class Levels:

Level 1: Recovering or overcoming physical limitations

Level 3: Intermediate

Level 2: Beginner

Level 4: Advanced **Level 5:** Advance II