

TEXAS DRIVE FITNESS CLASS SCHEDULE – Starting Nov. 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Aqua Fitness 9:30 – 10:15 Luz	Sunrise Yoga 7:30 – 8:15 Ellen	 Aqua Fitness 9:30 – 10:15 Luz	Sunrise Yoga 7:30 – 8:15 Ellen	Total Body 7:30 – 8:00 Donna
 Aqua Fitness 11:15 - noon Howie	 Aqua Fitness 9:30 – 10:15 Tammy	 Aqua Fitness 11:15 - noon Sharon	 Aqua Fitness 9:30 – 10:15 Luz	 Aqua Fitness 9:30 – 10:15 Howie
Strength 11:30 – 12:15 Leslie	Strength 11:15 – noon Luz	Strength 11:30 – 12:15 Leslie	Strength 11:15 – noon Luz	 Aqua Fitness 11:15 - noon Tammy
Pilates 1:30 – 2:15 Peggy	Parkinson's FIT 1:15 – 1:55 Allison	Pilates 1:30 – 2:15 Peggy	Parkinson's FIT 1:15 – 1:55 Michelle	Strength 11:30 – 12:15 Leslie
 Aqua Fitness 5:30 – 6:15 Marilyn		Yoga 3:30 – 4:15 Jen Meigs		Pilates 1:30 – 2:15 Peggy
		 Aqua Fitness 5:30 – 6:15 Howie		

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. 45 min. Level 2 – 4

Strength Total body exercises using resistance equipment to build strength and muscular endurance.

Followed by stretch and cool down. 45 min. Level 2 – 4

Pilates Develop balance, flexibility, and core strength with focus on abdominals and back while improving posture. 45 min. Level 2 – 3

Sunrise Yoga Begin your day with some mindful stretching to warm up the body, followed by sun salutations and an invigorating vinyasa flow to get you ready for the day. Ending with a final relaxation and meditation. Basic yoga principles are a prerequisite. 45 min. Level 3

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 each individual's level of fitness and ability. 40 min. All Levels.

Yoga Class includes multiple levels of various yoga postures to enhance strength and flexibility. 45 min. Level 2 - 4

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

Class Levels

Level 1: Recovering or overcoming physical limitations

Level 2: Beginner

Level 3: Intermediate

Level 4: Advanced

