













MARCH TEXAS DRIVE FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sit-n-Fit 9:15 – 10:15 Peggy	Sunrise Yoga 7:30 – 8:15 Ellen	Sit-n-Fit 9:15 – 10:15 Peggy	Sunrise Yoga 7:30 – 8:15 Ellen	Total Body 7:30 – 8:00 Donna	Pilates 8:15 – 9:15 Nancy
 Aqua Fitness 9:30 – 10:15 Luz	 Aqua Fitness 9:30 – 10:15 Tammy	 Aqua Fitness 9:30 – 10:15 Luz	 Aqua Fitness 9:30 – 10:15 Luz	Sit-n-Fit 9:15 – 10:15 Peggy	
 Aqua Fitness 11:15 - noon Howie	Strength 11:15 – noon Luz	 Aqua Fitness 11:15 - noon Tammy	Strength 11:15 – noon Luz	 Aqua Fitness 9:30 – 10:15 Howie	
Strength 11:30 – 12:15 Leslie	 Aqua Fitness 11:15 - noon Leslie	Strength 11:30 – 12:15 Leslie	 Aqua Fitness 11:15 - noon Marilyn	 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	Vinyasa Yoga 3:15 – 4:15 Winnie	Yoga 3:15 – 4:15 Jen Meigs	Pilates 3:15 – 4:00 Nancy	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 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. 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.

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

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

Vinyasa Yoga 45 min. of strong yoga in which movements form a flowing sequence in coordination with the breath. Class will end with a 10 minute final relaxation. 60 min. Level 3 – 4

Class Levels

Level 1: Recovering or overcoming physical limitations

Level 2: Beginner

Level 3: Intermediate

Level 4: Advanced

