

JULY/AUGUST 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		Pilates 8:15 – 9:15 Nancy
Cardio Fun July Only 8:00 – 9:00 Peg		Cardio Fun July Only 8:00 – 9:00 Peg		Zumba 8:00 – 9:00 Elke	
 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 Howie	
Sit-n-Fit 9:30 – 10:30 Peggy	Strength 11:00 – noon Luz	Sit-n-Fit 9:30 – 10:30 Peggy	Strength 11:00 – noon Luz	Sit-n-Fit 9:30 – 10:30 Peggy	
 Aqua Fitness 11:00 - noon Howie	 Aqua Fitness 11:00 - noon Tammy	 Aqua Fitness 11:00 - noon Tammy	NEW!  Aqua Fitness 11:00 – noon Jen	 Aqua Fitness 11:00 - noon Tammy	
Strength 11:00 - noon Leslie	Parkinson's Knock Out 1:15 – 1:55 Allison	Strength 11:00 - noon Leslie	Parkinson's FIT 1:15 – 1:55 Michelle	Strength 11:00 - noon Leslie	
Pilates 1:30 – 2:30 Peggy	NEW! Starts 7/13 Yin Yoga 2:15 – 3:00 Winnie	Pilates 1:30 – 2:30 Peggy		Pilates 1:30 – 2:30 Peggy	
	Vinyasa Yoga 3:15 – 4:15 Winnie	Yoga 3:15 – 4:15 Jen	Pilates 3:15 – 4:15 Nancy		
NEW!  Aqua Fitness 5:30 – 6:30 Howie		 Aqua Fitness 5:30 – 6:30 Howie	 Aqua Fitness 5:30 – 6:30 Howie		

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

Cardio Fun Improve your cardio during this aerobic dance inspired class. You'll enjoy music, choreography and movement while burning calories. No high impact moves. 60 min. Level 2 – 4

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 A 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

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

Strength Total 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

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

Yin Yoga This reaches deep into the body past the muscles into the fascia and connective tissues.

We take time to relax in postures. This practice increases range of motion and mobility, helps to clear subtle, often hidden energy blockages and facilitates deep relaxation, an increased sense of balance and emotional peace. Go beyond muscle strengthening and stretching. To stay warm feel free to wear "sweaters" and/or socks. 60 min. Level 2 - 4

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. 60 min. Level 2 – 4

Class Levels

Level 1: Recovering or overcoming physical limitations

Level 2: Beginner

Level 3: Intermediate

Level 4: Advanced