

# June 2023 TEXAS DRIVE FITNESS

## CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Total Body</b> 7:15–7:45 Jan	<b>Sunrise Yoga</b> 7:30–8:30 Jackie	<b>Total Body</b> 7:15–7:45 Jan	<b>Sunrise Yoga</b> 7:30–8:30 Jackie	<b>Total Body</b> 7:15–7:45 Michelle M	<b>Strong Bodies</b> 8:15–9:15 Heidi
<b>Cardio Dance</b> 8:00–9:00 Marivic	<b>Pilates</b> 9:00–10:00 Marivic	<b>Cardio Dance</b> 8:00–9:00 Marivic	<b>Straight Up Strength</b> 9:00–10:00 Karen	<b>Dance Fit</b> 8:00–9:00 Tracey	<b>Gentle Stretch</b> 9:30–10:15 Heidi
 <b>Aqua Fitness</b> 9:30–10:30 Luz	 <b>Aqua Fitness</b> 9:30–10:30 Tammy	 <b>Aqua Fitness</b> 9:30–10:30 Luz	 <b>Aqua Fitness</b> 9:30–10:30 Luz	 <b>Aqua Fitness</b> 9:30–10:30 Cherub	 <b>Aqua Boot Camp</b> 9:30–10:30 Cherub
<b>Sit-n-Fit</b> 9:30–10:30 Melissa		<b>Sit-n-Fit</b> 9:30–10:30 Heidi		<b>Sit-n-Fit</b> 9:30–10:30 Jen	
<b>Strength</b> 11:00–12:00 Leslie	<b>Strength</b> 11:00–noon Tim	<b>Strength</b> 11:00–noon Leslie	<b>Strength</b> 11:00–noon Tim	<b>Strength</b> 11:00–noon Leslie	
 <b>Aqua Fitness</b> 11:00–noon Luz	 <b>Aqua Fitness</b> 11:00–noon Tammy	 <b>Aqua Fitness</b> 11:00–noon Tammy	 <b>Twinges &amp; Hinges</b> 11:00–noon Jen	 <b>Aqua Boot Camp</b> 11:00–noon Cherub	
<b>Zumba</b> 12:15–1:00 Luz					
<b>Pilates</b> 1:30–2:30 Marivic	<b>Parkinson's Knockout</b> 1:15–1:55 Allison	<b>Balance &amp; Stretch</b> 1:30–2:30 Kathy	<b>Parkinson's FIT</b> 1:15–1:55 Michelle D	<b>Pilates</b> 1:30–2:30 Jen	
<b>Balance &amp; Stretch</b> 3:00–4:00 Kathy		<b>Yoga</b> 3:15–4:15 Jen	<b>All Levels Yoga Flow</b> 3:15–4:15 Jessica		
 <b>Aqua Fitness</b> 5:00–6:00 Howie	<b>Zumba</b> 4:30–5:30 Vickie	 <b>Aqua Fitness</b> 5:00–6:00 Howie	 <b>Aqua Fitness</b> 5:00–6:00 Maggie		
 <b>Aqua Fitness</b> 6:15–7:15 Howie	 <b>Aqua Yoga</b> 5:00–6:00 Howie	 <b>Aqua Fitness</b> 6:15–7:15 Howie			

## Class Descriptions

**All Levels Yoga:** A flow of poses, that will increase range of motion, strengthen your muscles, and challenge your balance. Modifications offered to raise or lower the intensity. For this class you will need to be able to get down onto your mat and back up repeatedly. 60 min. Level 3 – 4

**Aqua Boot Camp** Want a challenge? Need that belly to be flatter? Come join us for a total body workout focusing on your core. Bring your determination and a water bottle. Variations for each exercise are provided for each fitness level. Are you ready for the challenge? 60 min. Level 2 – 5

**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

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

**Aqua Yoga** Water based YOGA positions incorporated with various WATER WALKING and CORE exercises to improve balance, strength and flexibility and help to relieve back and joint pain. This class is adequate for entry level participants looking to find a program to begin increasing physical activity in their life. 60 min. Level 1 – 5

**Balance & Strength** Standing balance and gait work followed by stretching on the floor. 45 min. Level 2 – 3

**Beginner Strength** A full-body strength workout using various resistance equipment. 30 min. Level 2 – 4

**Cardio Dance** Dance your way to fitness. Choreographed dance movements to enhance cardiovascular fitness. 60 min. Level 2 – 5

**Dance Fit** Fun cardio dance with all music and styles. Low impact aerobics style. 60 min. Level 2 – 5

**Gentle Stretch** 45 minutes of yoga-based stretching for overall relaxation and health.

**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 Knockout** 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 cannot stand for long, but also challenging enough for people of higher fitness levels. 40 min. Level 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

**Slow Flow Yoga** Warm up and move through uplifting 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

**Straight Up Strength** Challenging class utilizing free weights and other resistance devices with focus on arms, legs and back. 60 min. Level 2 – 5

**Strength** Body exercises to build strength and muscular endurance, followed by stretching and cool down. 60 min. Level 2 – 4

**Strong Bodies** Build strength, establish balance, improve flexibility, and enhance good posture with focus on abdominals in this class designed for those who enjoy an athletic work out. 45 or 60 minutes. 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 are designed to build strength, add definition, increase bone density, and decrease body fat by increasing lean muscle. 30 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. 45- or 60-min. Level 2 – 4

## **Class Levels:**

**Level 1:** Recovering or overcoming physical limitations

**Level 4:** Advanced

**Level 2:** Beginner

**Level 5:** Advanced II

**Level 3:** Intermediate