

June 2023 TEXAS DRIVE FITNESS

CLASS SCHEDULE

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

Level 3: Intermediate

Level 4: Advanced

Level 5: Advanced II