

JAN/FEB 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 Ellen | Total Body 7:15–7:45 Jan | Sunrise Yoga 7:30–8:30 Ellen | Total Body 7:15–7:45 Sherita | Pilates 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 | |
|  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 Fitness Boot Camp 9:30–10:30 Cherub |
| Sit-n-Fit 9:30–10:30 Melissa | Guts & Glutes 10:15-10:45 Sherita | Sit-n-Fit 9:30–10:30 Heidi | Guts & Glutes 10:15-10:45 Sherita | Sit-n-Fit 9:30–10:30 Jen | Beginner Strength 11:00–11:30 Sherita |
| Strength 11:00-noon Leslie | Strength 11:00–noon Sherita | Strength 11:00-noon Leslie | Strength 11:00–noon Sherita | 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 | Kick Boxing 12:15-12:45 Beth | Parkinson's Balance 12:15-1:00 Michelle | Kick Boxing 12:15-12:45 Beth | | |
| | Parkinson's Knock Out 1:15–1:55 Allison | Balance & Stretch 1:30- 2:15 Kathy/Heidi | Parkinson's FIT 1:15–1:55 Michelle | | |
| Pilates 1:30–2:30 Jen | Chair yoga 2:15-3:00 Marivic | | | Pilates 1:30–2:30 Jen | |
| Balance & Stretch 3:00–3:45 Kathy/Heidi | Slow Flow Yoga 3:15-4:15 Winnie | Yoga 3:15–4:15 Jen | Pilates 3:15–4:15 Heidi | | |
|  Aqua Fitness 5:30–6:30 Howie | Zumba 4:30-5:30 Vickie |  Aqua Fitness 5:30–6:30 Howie |  Aqua Fitness 5:30–6:30 Maggie | | |
|  Aqua Fitness 6:45-7:45 Howie |  Aqua Yoga 5:30–6:30 Howie |  Aqua Fitness 6:45-7:45 Howie | | | |

Class Descriptions

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 water bottle. Variations for each exercise are provided for each fitness levels. Are you ready for the challenge? 60 min. Level 2-5

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, flexibility and helps 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

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

Balance and 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

Cardio Kickboxing Easy non-contact Kickboxing. Jab, hook, cross, uppercut and kicking. 30 min. Level 2 – 4

Chair Yoga 45 minutes of easy yoga postures in the chair to build strength and stamina. Level 1-3

Dance Fitness Fun cardio dance with all music and styles. Low impact aerobics style. 60 min. Level 2-5

Guts & Glutes lower body work with weights followed by power abs. Level 2-5

Parkinson's Balance This class moves at a slower pace for balance and strength. 45 min. Level 1.

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. Levels 2 - 4

Pilates Develop balance, flexibility, and core strength with focus on abdominals and back while improving posture. 60 min. Level 2 – 3

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

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

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 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

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 3: Intermediate

Level 2: Beginner

Level 4: Advanced

Level 5: Advanced II