



# July

2021

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p><b>5:15am</b> Cycle Elizabeth</p> <p><b>8:30am</b> Barbell Kick Emmi</p> <p><b>9:45am</b> Total Body Strength Lauren</p> <p><b>9:45am</b> Cycle !HIIT-HRD!+ 15min Arms &amp; Abs Kelli G</p> <p><b>9:45am</b> Pilates Grace</p> <p><b>11:00am</b> Tai Chi/Qi Gong Grace</p> <p><b>11:00am</b> *NEW* Functional Performance Amelia</p> <p><b>11:15am</b> Tabata Karen</p>	<p><b>5:15am</b> Ultimate Conditioning Emmi</p> <p><b>8:30am</b> Strength/HIIT Melissa</p> <p><b>8:30am</b> Cycle Louise</p> <p><b>9:45am</b> STEP•BATA Deb</p> <p><b>9:45am</b> Athletic Pilates Louise</p> <p><b>9:45AM</b> Steel + Ignite Casey</p> <p><b>11:15am</b> Barbell Strength Jody</p> <p><b>5pm</b> Zumba/Latin Dance Andrea</p> <p><b>6pm</b> Steel + Ignite Casey</p> <p><b>6:15pm</b> Flex Burn Marie</p> <p><b>7:30pm</b> Pilates Nini</p>	<p><b>5:15am</b> Cardio &amp; Core Elizabeth</p> <p><b>5:15am</b> Cycle Melissa</p> <p><b>8:30am</b> Barre Sculpt McKelle</p> <p><b>9:45am</b> !LIFT-BURN! + 15min of Glutes &amp; Core Kelli G</p> <p><b>9:45am</b> Barre Fusion Grace</p> <p><b>10:45am</b> Queenax Jody</p> <p><b>11am</b> Tai Chi/Qi Gong Grace</p> <p><b>5pm</b> Pilates/Yoga Grace</p> <p><b>5:30pm</b> Functional Performance Amelia</p> <p><b>6pm</b> Restorative Yoga Grace</p>	<p><b>5:15am</b> Total Body Strength Elizabeth</p> <p><b>8:30am</b> PiYo Karen</p> <p><b>8:30am</b> Cycle Louise</p> <p><b>9:45am</b> CIRC•HIIT + 15min of Abs &amp; Core Deb</p> <p><b>9:45am</b> Pilates Louise</p> <p><b>9:45AM</b> Steel + Ignite Casey</p> <p><b>11:15am</b> HIIT Jody</p> <p><b>6pm</b> Steel + Ignite Casey</p> <p><b>7:30pm</b> Gentle Yoga Bob</p>	<p><b>5:15am</b> Cycle Elizabeth</p> <p><b>8:30am</b> !FiNiSH-HRD! Kelli G</p> <p><b>9:45am</b> High/Low Fitness McKelle</p> <p><b>9:45am</b> Spin-Cycle + 15min Flow &amp; Stretch Lauren</p> <p><b>9:45am</b> Restorative Yoga Grace</p> <p><b>10:45am</b> Queenax Toi</p> <p><b>11am</b> Tai Chi/Qi Gong Grace</p>	<p><b>6:45am</b> Strength + 15min Stretch Elizabeth</p> <p><b>8:30am</b> HIIT•MIX Deb</p> <p><b>8:30am</b> Trifecta (includes Yoga) Louise</p> <p><b>9:45am</b> HIGH Fitness Mckelle/Rachel</p> <p><b>3pm</b> Pilates/Yoga Grace</p>
---	---	--	---	---	--

**Key:**  
Gold Medal Studio 1&2  
The Zone  
Queenax



Indicates pass required. Passes are located at the Fitness Desk.

Indicates Gold Medal room and Studio 1&2.



**THURSDAYS & SATURDAYS**  
**BOXING WITH CHRIS**

Retired Dallas Police Officer | USA registered boxer | 30+ years experience

**CLASS INFO**

NON-CONTACT CLASS THAT WILL USE BAGS AND PADS ONLY. MEMBERS MUST BRING THEIR OWN HAND WRAPS AND GLOVES.  
10am | \$15 per class

## HYBRID – STRENGTH & CONDITIONING

**Functional Performance** – A NEW strength and conditioning class that focuses on the fundamentals of functional movements performed at a high intensity.

**Barbell Strength** – Free weight training class that uses barbells to bring dynamic weight training into the group fitness room.

**FINISH-HRD!** – A fast-paced cardio + strength class that includes a mega-mix of kickboxing, HIIT, weights, and cycle sprints.

**LIFT-BURN!** – A fast-paced strength class with added cardio surges. Designed to keep the heart rate high while lifting weights. Glute and core work included.

**Total Body Strength** – This low-impact class will improve muscular strength, endurance, flexibility, balance, and coordination. The exercises in this class will help stimulate lean muscle growth by focusing on performing large muscle group exercises using a variety of weights.

**Ultimate Conditioning** – This interval-based class will improve cardiovascular and muscular endurance. Intervals will incorporate body weight, weights, cardio drills and minimal choreography.

**STEEL + IGNITE** – A 15 min quick warm-up ride, then 30 min weight training circuit, followed by 15 mins of core and stretching

**Barbell Kick** – Athletic-style kickboxing paired with barbell circuits to achieve a total body workout. Abs/core included throughout. All levels welcome (modifications will be provided).

**Flex Burn** – Increase your athletic performance with interval strength based training and cardio bursts.

## FULL BODY

**QUEENAX** – Located at the Queenax structure utilizing TRX bands, PlyoSoft boxes, punching bags, tires and more. All levels welcome with modifications provided.

**Tabata** – HIIT style class that alternates periods of intense "all-out effort" exercises with short recovery periods to help improve endurance.

**PiYo®** – This fun and challenging class is designed to build strength and gain flexibility. It provides the perfect fusion of intense choreography, core strength, and power.

**Pilates/Athletic Pilates** – This total body conditioning routine uses a variety of equipment to help participants move with ease and grace to improve core stability, range of motion, flexibility, and strength.

## BARRE

**Barre Fusion** – A low impact workout with toning, sculpting, and ballet inspired moves to strengthen the large and small muscle groups.

**Barre Sculpt** – Low-impact barre workout using light dumbbells and/or bodyweight. Music driven, choreographed barre class that is fun and upbeat!

## HIIT, CARDIO, & DANCE

**CIRC•HIIT:** A high-energy Cardio & Strength Circuit-HIIT class. Increase muscular strength and amp up metabolism with barbells, dumbbells, and Step Sprints...PLUS abs & core!

**HIIT•MIX** – Improve strength & rev metabolism during this high energy interval training class mixed with high intensity kickboxing/cardio bursts!

**STEP•BATA** – A fun, high-energy Step workout mixed with tabata intervals for a FULL body workout! All levels welcome.

**HIGH Fitness®** – New fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love.

**HIGH/Low Fitness®** – This full-body workout will challenge you while keeping impact LOW. HIGH/Low choreographs simple fitness moves with fun music to create an effective group exercise class.

**Zumba/Latin Dance** – A class that uses dance and rhythm to make exercise fun and improve cardiovascular fitness.

## INDOOR CYCLE

**Cycle** – Indoor cycling that provides a high-energy workout for cardiovascular, strength and endurance while keeping joint impact to a minimum.

**Cycle !HIIT-HRD!** – This class has intense cycle segments mixed with weight training.

**SPIN-CYCLE** – Kick your weekend off with a fun, fast, Friday ride. Each week a different theme or focus will challenge you by incorporating upper body, core & lower body work. Leave class feeling sweaty, strong & energized! All levels welcome.

## YOGA

**Beginner/Gentle Yoga** – Learn relaxation technique through stretching, bending, and twisting. Improve flexibility, strength and balance while reducing stress and improving cardiovascular health and your sense of well-being.

**Tai Chi/Qi Gong** – Improve balance, agility, strength, and coordination performing a series of slow, focused movements accompanied by deep breathing.

**Yin Yoga** – Works deep into the connective tissues to activate change at that deepest level. The postures work into the energy flows, or meridians, of the body.

*FAC Group Exercise classes are included with a membership. Members 13–15 years old are welcome when accompanied by an actively participating adult. 16 year olds & up can attend by themselves. Class formats may vary by instructor. Class schedule is subject to change including listed instructors, times, days, formats, and cancellations.*