



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5:15am Cycle Elizabeth</p> <p>8:30am Barbell Kick Emmi</p> <p>9:45am Total Body Strength Lauren</p> <p> 9:45am Cycle !HIIT-HRD!+ 15min Arms & Abs Kelli G</p> <p>9:45am Pilates Grace</p> <p>11:00am Tai Chi/Qi Gong Grace</p> <p>11:15am Tabata Karen</p> <p>5:30pm *NEW* Functional Performance Amelia</p> <p>6:15pm Flex Burn Marie</p> <p>7:30pm Flow Yoga Nini</p>	<p>5:15am Ultimate Conditioning Emmi</p> <p>8:30am Strength/hiit Melissa</p> <p>8:30am Cycle Louise</p> <p>9:45am STEP•BATA Deb</p> <p>9:45am Athletic Pilates Louise</p> <p>9:45AM *Starting 6/17* Steel + Ignite Casey</p> <p>11:15am Barbell Strength Jody</p> <p>5pm Zumba/Latin Dance Andrea</p> <p>6pm Steel + Ignite Casey</p> <p>6:15pm High Fitness McKelle</p> <p>7:30pm Pilates Nini</p>	<p>5:15am Cardio & Core Elizabeth</p> <p>5:15am Cycle Melissa</p> <p>8:30am Barre Sculpt McKelle</p> <p> 9:45am !LIFT-BURN! + 15min of Glutes & Core Kelli G</p> <p>9:45am Barre Fusion Grace</p> <p> 10:45am Queenax Jody</p> <p>11am Tai Chi/Qi Gong Grace</p> <p>5pm Pilates/Yoga Grace</p> <p>5:30pm *NEW* Functional Performance Amelia</p> <p>6pm Restorative Yoga Grace</p>	<p>5:15am Total Body Strength Elizabeth</p> <p>8:30am PiYo Karen</p> <p>8:30am Cycle Louise</p> <p>9:45am *NEW* CIRC•HIIT + 15min of Abs & Core Deb</p> <p>9:45am Pilates Louise</p> <p>9:45AM *Starting 6/17* Steel + Ignite Casey</p> <p>11:15am HIIT Jody</p> <p>6pm Steel + Ignite Casey</p> <p>7:30pm Gentle Yoga Bob</p>	<p>5:15am Cycle Elizabeth</p> <p> 8:30am !FiNiSH-HRD! Kelli G</p> <p>9:45am High/Low Fitness McKelle</p> <p>9:45am Spin-Cycle + 15min Flow & Stretch Lauren</p> <p>9:45am Restorative Yoga Grace</p> <p>10:45am Queenax Toi</p> <p>11am Tai Chi/Qi Gong Grace</p>	<p>6:45am Strength + 15min Stretch Elizabeth</p> <p>8:30am HIIT•MIX Deb</p> <p>8:30am Trifecta (includes Yoga) Louise</p> <p>9:45am HIGH Fitness Mckelle/Rachel</p> <p>3pm Pilates/Yoga Grace</p>	<p>Key:</p> <p>Gold Medal Studio 1&2 The Zone Queenax</p> <p></p> <p>Indicates pass required. Passes are located at the Fitness Desk.</p> <p></p> <p>Indicates Gold Medal room and Studio 1&2.</p>



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

Thursdays
#56648

Saturdays
#56649

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.