

THE GROVE AT FRISCO COMMONS GROUP EXERCISE SCHEDULE



September

2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8:00am
FITNESS FUSION
Colleen

8:30am
SCB
Kelly

8:00am
SCB
Nii

8:00am
YOGA
Colleen

8:00am
CROSS TRAINING
Tracey

9:00am
CROSS TRAINING
Tracey

9:15am
TOTAL BODY
Kelly

9:00am
STRETCH
Nii

9:00am
USE IT LOSE IT
Leigh

9:00am
YOGA
Liz

10:00am
YOGA
Liz

10:00am
CARDIO DANCE
Nii

10:00am
MAT PILATES
Tobi

10:00am
SCB
Nii

10:30am
MAT PILATES
Tobi

2:00pm
USE IT LOSE IT
Leigh

11:00am
STRETCH
Nii

11:00am
HEALTHY HUSTLE
Tobi

10:45am
POWER HOUR
Nii

5:30pm
GENTLE YOGA
Bob

4pm-6pm
FREE OPEN DANCE

5:30pm
GENTLE YOGA
Bob

\$40 MONTHLY PASS
\$6 DROP-IN
Additional Fee for Personal Training

Classes are subject to change due to instructor availability



THE GROVE AT FRISCO COMMONS
PlayFrisco.org/TheGrove
972-292-6550

THE GROVE AT FRISCO COMMONS CLASS DESCRIPTION

CARDIO/DANCE

CARDIO- Cardio class set to your favorite hip hop tracks both old and new. Dancers and non-dancers alike will love this class for the amazing energy, fun music, and steady state cardio burn. Each class features a warm up, a hip hop combo, and increasing intensity level of the moves. Try it AT LEAST once and you will be hooked!

POWER HOUR- A dynamic, high energy, full body workout.

PILATES

PILATES- This total body conditioning routine uses a variety of slow controlled movements 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.

COMBO-STRENGTH & BALANCE

SCB- This energizing class will improve muscular strength, increase metabolism, endurance, flexibility, balance, and coordination. Exercises will increase lean muscle by focusing on bodyweight, equipment, and large muscle group exercises using a variety of weights.

USE IT LOSE IT- An overall body workout that builds strength, endurance, and balance.

HEALTHY HUSTLE

HEALTHY HUSTLE- A gentle full body workout practiced in a chair or standing using a chair for support that focuses on cardio, strength, and range of motion.

YOGA

YOGA: BEGINNER/GENTLE/- 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!