

**SEPTEMBER 1
THROUGH
DECEMBER 31**

FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15AM	Stretch & Strength	Yoga for Happiness & Health	Stretch & Strength	Yoga for Happiness & Health		
8:00AM	Aqua Fit		Aqua Power		Aqua Fit	
8:15AM	Strength, Chisel & Sculpt	Yoga Golf Mobility	Strength, Chisel & Sculpt	Yoga Golf Mobility	Strength, Chisel & Sculpt	Cardio Kickbox Step & Pump
9:15AM	Zumba	Zumba Toning	Hatha Yoga	Zumba Toning	Zumba	Body Balance Yoga
10:15AM	Stretch & Strength	HIIT	Yogalates	Cardio Barre		
11:15AM		Butts & Guts		Power Yoga		
4:00PM	Dance Cardio	Roll & Release	HIIT	Roll & Release		
5:30PM		Cardio Barre	Cardio Kickbox Step & Pump	Step & Sculpt		

FOR MORE DETAILS PLEASE CALL 830.598.2591

PRIVATE YOGA AND PILATES CLASSES AVAILABLE. WALK-INS WELCOME. CLASSES HELD AT THE MARINA DEL BAY. \$10 PER CLASS. SCHEDULE AND PRICES SUBJECT TO CHANGE. REVISED ON 08/28/2018

Stretch & Strength

Start your day with this dynamic stretch & strength class. This class is designed to challenge your balance and stability while focusing on improving flexibility and strength for the total body without building bulk.

Yoga for Happiness & Health

Start your day creating strength, flexibility, and a calm mind.

Aqua Fit

This class uses buoyant qualities of water to enhance physical fitness through exercise. It is a medium impact class designed to provide cardiovascular conditioning, improved muscle tone, and balance using various noodles and water dumbbells.

Aqua Power

This is a high impact class without the high impact feel on the body. This class is designed to get the heart rate up and burn fat using bodyweight, noodles, and water dumbbells.

Strength, Chisel & Sculpt

This full body conditioning class is designed to strengthen, tone, boost balance and stamina. Using various types of equipment including free weights, bands, body bars, and your own body weight you will be sweating your way to total body perfection. This class is perfect for all fitness levels.

Yoga Golf Mobility

This class is perfect for golfers of all levels who want to learn and apply the best mobility, flexibility, and core movements to advance your golf swing. This class will teach you how to properly warm-up and prepare for championship caliber rounds of golf while incorporating yoga moves

Cardio Kickbox Step & Pump

Ultimate workout to develop coordination and relieve stress. Burn calories as you punch, kick, block, and strike. Get your heart rate up to increase cardio fitness. Tone and shape your entire body, increase core strength and improve bone health.

Zumba

This Zumba class is fun, exciting, and different from your normal routine. Spice up your day with this calorie-burning, body-energizing class with a party-like atmosphere.

Zumba Toning

Zumba Toning takes the original Zumba Fitness class to the next level utilizing muscle training with the addition of toning sticks or free weights. This class adds dynamic applied resistance exercises that will build overall strength, endurance, and stamina.

Body Balance Yoga

Improve flexibility and increase core strength while you reduce stress levels. Focus your mind and create a lasting sense of wellbeing and calm. Open to all levels of practice and ability.

HIIT

High Intensity Interval Training is a cardiovascular exercising strategy where you are alternating short periods of intense aerobic exercises with shorter less intense recovery periods.

Yogalates

A combination of Yoga & Pilates to stretch and strengthen your body emphasizing on core control in all poses and focus on breathing while in motion. The full body is covered, leaving you feeling toned and flexible.

Cardio Barre

High energy exercise class that combines barre work and lightweights. Central to the workout are toning and resistance exercises for the butt, legs, torso, and arms to sculpt muscles.

Butts & Guts

A class set up in cardio and toning intervals, designed to strengthen the core, glutes and thighs.

Power Yoga

This is definitely an intense workout that will make you sweat. A traditional Ashtanga practice follows the same series of poses and makes you hold each for five breaths before moving through Vinyasa. Power Yoga classes move with an even faster rhythm

Dance Cardio

This dance based cardio class incorporates a wide variety of medium and low impact aerobic dance moves to a variety of high energy beats. It's like a dance party!

Roll & Release

"Self Massage" Learn self - myofascial release techniques through rolling. Improve joint range of motion, reduce muscle tightness/ soreness, and maintain normal functional muscular length.

Step & Sculpt

This class is a medium intensity cardio workout focusing on interval training, basic resistance training and step moves for a complete, total body workout experience.

PERSONAL TRAINING SESSION*

Whether a beginner or an elite athlete, you can take part in a motivating personal training session with our nationally-certified fitness professionals. Each session includes a personalized workout session and an in-depth assessment of your personal health goals and fitness objectives, utilizing the most current training techniques & exercise equipment.

PARTNER TRAINING*

Two train at the same time with one personal trainer.

CALL 830.598.2591 TO SCHEDULE TRAINING SESSIONS

* CANCELLATION POLICY APPLIES 24-HOUR ADVANCE NOTICE REQUIRED.