

# Fitness and Aquatics Class Schedule



January 2012

\*No Classes on Holidays: 1/1

## Aquatics and Outdoors– Member Pool \* Member lanes are available at all times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 am *Aqua Power Ann	8:00-8:45 am Aqua Jam Sandy	8:00-9:00 am *Aqua Power Ann	8:00-8:45 am Aqua Jam Sandy	8:00-9:00 am *Aqua Power Ann	9:00-10:00 am Aqua Power Sandy	No Classes
*Due to inclement weather, Aquatics classes may be held at the Indoor Pool– Call 512.329.4577 to check status	9:00-10:00 am Outdoor Bootcamp Russell (meet at Fitness Desk)		9:00-10:00 am Outdoor Bootcamp Russell (meet at Fitness Desk)			

## Fitness Programs– Studio B “TRX Performance Center”

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:55 am Studio Cycling Adam	6:00-6:55 am TRXpress Lynn	6:00-6:55 am Studio Cycling Adam	6:00-6:55 am TRXpress Lynn			
	7:00-7:55 am Golf Power Hour Jessica		7:00-7:55 am Golf Power Hour Jessica			
8:30-9:30 am Studio Cycling Lynn	9:00-9:55 am Spin Yoga Lori	8:30-9:25 am Studio Cycling Kim	9:00-9:55 am Sleek Physique Lori	8:30-9:25 am Studio Cycling Mandy	No Classes	No Classes
10:00-10:55 am TRXpress Veronica	10:00-10:55 am TRXpress Veronica	10:00-10:55 am TRXpress Veronica	10:00-10:55 am TRXpress Veronica	10:00-10:55 am TRXpress Veronica		
	11:00 am-11:55 am FIT! Jarrod		11:00 am-11:55 am FIT! Jarrod			

## Fitness Programs Class Descriptions

Aqua Power	Ann/ Sandy	Be Physically Fit with Aquatic Exercise! Aquatic exercise offers many of the same benefits as land exercise including aerobic fitness, muscular strength and endurance, flexibility and better balance. Water's buoyancy makes the workout easier on your joints but its resistance challenges your muscles. Join an Aqua Power class today and let us help you achieve health and fitness goals with reduced-impact, yet challenging water workouts. Classes are appropriate for all ages and ability levels. Equipment: Hat, float belt and wetsuit recommended.
Aqua Jam	Sandy	Aqua Jam incorporates classic water aerobic routines infused with interval training, plyometrics, and kickboxing. The pace of this higher intensity class challenges the whole body while retaining the benefit of reduced impact on joints. This class is appropriate for regular exercisers in good condition with prior aqua aerobics experience.
FIT: Functional Interval Training	Jarrood	FIT is a strength and conditioning class that promotes broad and general overall physical fitness. FIT will increase your fitness in each domain: cardiovascular/ respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. FIT participants will run, row, jump rope, use weights, and body weight exercises for a fun yet challenging workout. It's time to get FIT!
Golf Power Hour	Jessica	This class is designed to improve optimal muscular strength and endurance specific to golf. Increase power and flexibility by focusing on core body movements for optimal golf performance!
Outdoor Bootcamp	Russell	A challenging but rewarding non-stop body weight workout. This boot camp is an all round fitness session working on cardio and strength combined. The workout is tough but fun so by the time you realize how tired you are it'll be all over!
Sleek Physique	Lori	Results come from constantly tweaking your exercise routine. This class will do just that in order to give you the Sleek Physique you've always wanted! 30 Minutes of Studio Cycling followed by yoga and Pilates inspired exercises on TRX and stability balls. All levels welcome.
Studio Cycling	Lynn/ Mandy/ Kim/ Adam	Simulates the outdoor biking experience on Kaiser M3 stationary bikes. Combines basic, rhythmic and athletic cycling drills with guided focus and motivational music. Accommodates all fitness levels. New students are asked to arrive to class at least 5 minutes early for a brief introductory lesson. This is excellent for endurance building and interval training.
SpinYoga	Lori	This class combines the cardiovascular benefits of 30 minutes of studio cycling followed by 30 minutes of Yoga for flexibility and core strengthening. No experience necessary!
TRXpress	Veronica/Lynn	TRXpress is a total body workout on the TRX Suspension System. The TRX was designed by Navy Seals for a workout that can be done anywhere for any ability level. This class gets your cardio and strength workout completed in just one hour! No experience necessary.