

Group Exercise Room

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Hours 7am-9am			Stretch & Stength Deatra 8:30am		Cardio Lift Briana 7am	
9am-10am	Tone It Up! Satu	Yoga Elise	Total Strength Briana 9:15am	Barre Elise	Core & Cardio Briana	Yoga 8:45am
10am-11am	Stretch Deatra 10:15am	Fit & Flow Marcella 10:15am	Stretch Deatra 10:15am	Gentle Yoga & Meditation Elise	Low Impact Mix Satu 10:15-11am	Zumba
Lunch Hours 11am -1pm					Stretch & Flex Satu 11-11:45am	
4pm - 5pm		Cardio Lift Nyssa 4:15pm		Cardio Lift Nyssa 4:15pm		
5pm - 6pm	Cardio Lift Steve 5:15pm	Yoga Anna 5:30pm	Cardio Lift Briana 5:15pm	Yoga Renee 5:30pm	Cardio Lift Steve 5:15pm	
6pm-7pm	Zumba		Zumba		Keep an eye out for our Specialty Friday Classes	

Kinesis / Spin Room / Aquatics

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-9am	Rockwall Conditioning Deatra 8:30am	Kinesis & More Marcella 8am	Spin Kristy 6am		Kinesis & More Briana 8am	Rockwall Conditioning Deatra 8:30am
9am-10am	Kinesis Briana 9am & 9:30am		Kinesis Marcella 9am & 9:30am			
Lunch Hours 10am-1pm	Kinesis & More Nyssa 12pm			Kinesis & More Marcella 12pm		Kinesis & More Steve 10:30- 11:15am
Evening Hours 5pm-6:30pm	Kinesis Briana 6pm	Kinesis & More Nyssa 5:15-6pm	Kinesis & More Steve 5:30-6:15pm	Kinesis & More Nyssa 5:15-6pm		
	Spin Briana 6:30pm		Spin Kelly 6:30pm	Spin Marie 6:30pm		

Small Group Training (Additional Fee)

Time	Tuesday	Thursday
9am-10am	Athletic Conditioning: Coach Deatra	Strength & Conditioning: Coach Marcella
10am-11am		Strength & Conditionig Low Impact: Coach Marcella 10:15am
5:30-6:30pm	Strength & Conditioning: Coach Steve	TRX & Kettle Bells: Coach Briana

Class Descriptions:

Aqua Fit: Get all the benefits of group exercise with the low impact assistance of the pool.

Barre Sculpt & tone your legs & upper body with a combination of barre, core & strength training exercises.

Low impact interval Barre tones and sculpts your legs, arms and abs in an interval training format.

Cardio Lift combines cardio, strength & conditioning for a full body workout!

Core & Cardio gets to the "core" of the issue fast! This workout will work your abs & cardio to make all your workouts safer & stronger.

Pilates Power builds your ideal body with toning, tightening, and lengthening coupled with a nice cardio lift to burn those calories starting at the core.

Tone It Up! combines full body movements including some cardiovascular & strength moves using resistance bands, core exercise & much more!

Total Strength this class is all about building strength in every muscle group. You'll use bars, bands, dumbbells & more to achieve a full body strength workout.

Fit & Flow is a low impact class that combines resistance training and mobility flowing movements to help with strength and balance.

Yoga will help to tone, strengthen & stretch your body. Enjoy the benefits of increased fitness & better posture.

Zumba is a fun Latin-based dance/FITNESS class designed for everyone!

Spin is a class for endurance and a high calorie burn on a Spin bike. Our Matrix Ride bikes provide metric feedback aimed to help you improve with every ride.

Stretch & Strength: Strengthen your body with practical strength training practices followed by mobility to enhance your movement quality.

Kinesis is a workout that is focused on balance, flexibility & strength. This class is open to a variety of ability levels.

Rockwall Conditioning offers a full body workout and teaches climbing techniques. The class includes bodyweight exercises, core and balance training as well as grip strength conditioning and climbing drills. No experience needed.

Training for Life sessions are great if you want to receive specialty training while in a group environment. Coaches will take you through a challenging and effective workout that will include strength, conditioning, and cardio.