

203 N 34TH ST.
 GATESVILLE, TX
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 GATESVILLETX.COM

GATESVILLE FITNESS CENTER

MON-THUR 5AM - 10PM
 FRI 5AM - 9PM
 SAT 7AM - 6PM
 SUN 1PM - 6PM

GROUP EXERCISE SCHEDULE AUGUST 12 - DECEMBER 20

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POOL CLASSES - FOR MEMBERS ONLY					
8:15 AM	AQUA FITNESS- RENA		AQUA FITNESS- RENA		AQUA FITNESS- RENA
10:00 AM		ARTHRITIS AQUATICS- LINDA		ARTHRITIS AQUATICS- LINDA	
4:00PM	SWIM KIDS		SWIM KIDS		
5:00 PM	AQUA FITNESS- PATRICE		AQUA FITNESS- PATRICE		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 AM	MADE OF MUSCLE - SARA JO	TRANSFORM - CHRISTY	TRANSFORM - CHRISTY	RECOVERY- MORGAN	SWEAT & SHRED - SARA JO
8:00 AM		YOGA LITE- LINDA		YOGA LITE - LINDA	
9:00 AM		KEEP IT MOVIN' - LINDA		KEEP IT MOVIN' - LINDA	
9:15 AM	TOTAL BODY TONING - RENA		TOTAL BODY TONING - RENA		MIX IT UP - RENA
10:15 AM	HIP, HIP, HOORAY - STACEY	BALANCE & FALL PREVENTION	EVERYDAY MOBILITY - PATRICE	BALANCE & FALL PREVENTION	
10:45 AM		BALANCE & FALL PREVENTION		BALANCE & FALL PREVENTION	
4:30 PM	BODY BLITZ- MORGAN		BODY BLITZ - MORGAN		
5:00 PM	FIT KIDS		FIT KIDS		

Arthritis Aquatics: All exercises are designed by a therapist for optimal joint safety for participants. It is a full body workout working every muscle and joint in the body.

Mix It Up: We're going to MIX it UP on Friday with dance, step, and barre inspired workouts. Come join us for FUNday FRIday!

Aqua Fitness: This class held in the pool improves cardiovascular conditioning, muscular strength and endurance using the buoyancy and resistance of the water to give you a safe, effective, & fun workout. It also allows a break from "impact" on the body so you are getting a great workout without pounding your joints, ligaments and tendons.

Yoga Lite: Working to increase balance, flexibility and strength through the use of yoga poses. Geared to the intermediate level with modifications for the new to yoga and progressions for the more experienced.

HIP, HIP, HOORAY! - Chair yoga, also known as adaptive yoga is a gentle form of yoga that's done while seated or using a chair for balance and makes the practice more accessible. Students perform postures and breathing exercises using the support of a chair. This class is perfect for students recovering from injury or illness, and anyone who wants to experience the many benefits of yoga without having to get up and down from the floor.

Transform - 45min. weight class designed to slow down, using longer rest periods, check your form & challenge major muscle groups using traditional dumbbell & barbell exercises. Will include weight machines. You will tone & sculpt muscles as well as develop muscular endurance.

Total Body Toning: Get ready for a full body workout focusing on strength, endurance, and balance. Your instructor will use a variety of equipment, training methods, and exercise disciplines to provide you with the best workout for your day!

Keep It Movin': "The more you can move, the longer you will move" A low impact approach to getting and keeping active and fit. A blend of cardio and strength training using weights, resistance bands and other available equipment.

Made of Muscle: The more muscle you have the more fat you will burn. This class will be fun! Includes circuit training/stations, and finishes with core training/stretching for a complete workout. All-Levels.

Sweat & Shred: An energetic workout that is sure to get your heart rate up while building muscle.

Body Blitz: This class with an effective blend of strength, cardio, and core training. Morgan's goal for this class is to increase your metabolism by building lean muscle & improving cardiovascular performance.

Recovery - Give your body some love for all that hard work with a lengthy stretching session. Try this class to improve muscle recovery, reduce muscle soreness, and increase flexibility.

Everyday Mobility - This class will concentrate on improving strength, flexibility, and coordination so daily living activities become easier - **max class size is 19 members**

Balance & Fall Prevention - Low impact, strength building class. The main focus of the class is to build up strength and balance so members can prevent life altering falls. **Max class size is 19 members.**

Swim Kids: This class is designed with kids in mind! Drop your kids off with a certified lifeguard, to have a great time playing in the water and exercising at the same time! Ages 5-13

Fit Kids: Let the kids exercise and have fun while you get your workout in! The kids will be playing games, having fun, and not even know they're exercising. Ages 5-13