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# GATESVILLE FITNESS CENTER

## GROUP EXERCISE SCHEDULE JANUARY 6 - MAY 23

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

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>POOL CLASSES - FOR MEMBERS ONLY</b>					
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		UPLIFT - RENA
10:00 AM		BALANCE & FALL PREVENTION		BALANCE & FALL PREVENTION	
10:15 AM	HIP, HIP, HOORAY - STACEY				HIP, HIP, HOORAY - STACEY
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.

**UpLIFT:** Strength training has never been so fun and engaging. We use iconic music from decades past and we combine them with routines that target all the muscles groups. Students never get bored because we are using a variety of equipment including hand weights, bands, and a mini ball. This is a highly effective workout that provides students with measurable results.

**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.

**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