

Group Exercise Classes July, August, September

▲ Beginner ■ Intermediate ● Advanced ✦ Prenatal * Bring a Mat ☆ 30-minutes

Monday			Wednesday			Friday		
5:15-6:00 AM	Body Fusion ▲■●	Studio 1	5:15-6:00 AM	Step ■●	Studio 1	5:15-6:00 AM	Pump ■●	Studio 1
7:00-7:45 AM	H ² O Arthritis ▲■	Therapy Pool	7:00-7:45 AM	H ² O Arthritis ▲■	Therapy Pool	8:00-9:00 AM	STRONG by Zumba® ■●	Studio 3
8:00-8:55 AM	Cardio Kickboxing ▲■●	Studio 3	8:00-8:55 AM	Nia® ▲■●	Studio 1	8:00-8:55 AM	Nia® ▲■●	Studio 1
8:00-8:55 AM	Nia® ▲■●	Studio 1	8:00-8:55 AM	Cardio Kickboxing ▲■●	Studio 3	8:30-9:15 AM	Aqua Fit ✦▲■●	Pool
8:30-9:15 AM	Aqua Fit ✦▲■●	Pool	8:30-9:15 AM	Aqua Fit ✦▲■●	Pool	9:00-9:45 AM	Pump ■●	Studio 1
9:00-9:40 AM	Step ■●	Studio 1	9:00-9:45 AM	H.I.I.T. the Step ■●	Studio 1	9:05-10:05 AM	Nia® ▲■●	Studio 3
9:00-10:00 AM	REV+FLOW by REFIT® ▲■●*	Studio 3	9:05-10:05 AM	Hatha Flow Yoga ✦▲■●*	Studio 3	9:45-10:30 AM	Step ■●	Studio 1
9:45-10:15 AM	Functional Abs ▲■●☆	Studio 1	9:50-10:25 AM	Pump ■●	Studio 1	10:30-10:55 AM	Fab @ 50+ Cardio ▲■☆	Studio 1
10:00-10:40 AM	Club 55 H ² O ▲■●	Pool	10:00-11:00 AM	Club 55 H ² O ▲■●	Pool	10:15-11:15 AM	Mat Pilates ▲■●*	Studio 3
10:15-11:15 AM	Mat Pilates ▲■●*	Studio 3	10:15-11:15 AM	Mat Pilates ▲■●*	Studio 3	11:00-11:55 AM	Strength to Stretch ▲■●	Studio 1
10:30-11:30 AM	Fab @ 50+ Circuit ▲■	Studio 1	10:30-11:00 AM	Fab @ 50+ Cardio ▲■☆	Studio 1	12:00-12:45 PM	Barre ■●	Studio 1
10:45-11:15 AM	Aqua Tone ✦▲■●☆	Pool	11:00-11:30 AM	Functional Abs ▲■●☆	Studio 1	12:00-1:00 PM	Vinyasa Yoga ■●*	Studio 3
11:00 AM-12:00 PM	Fit After Baby ▲■●	Fitness Floor	11:45 AM-12:45 PM	Chair Yoga ▲■	Studio 3	12:30-1:10 PM	H ² O Arthritis ▲■	Therapy Pool
12:00-12:45 PM	Barre ■●	Studio 1	12:00-12:45 PM	Barre ■●	Studio 1	Saturday		
12:00-1:00 PM	Vinyasa Yoga ■●*	Studio 3	12:15-12:45 PM	Indoor Cycling ■●☆	Studio 2	8:00-8:45 AM	Indoor Cycling ■●	Studio 2
12:15-12:45 PM	Indoor Cycling ■●☆	Studio 2	12:30-1:10 PM	H ² O Arthritis ▲■	Therapy Pool	8:00-8:55 AM	Soul Grooves® ▲■●	Studio 1
12:30-1:10 PM	H ² O Arthritis ▲■	Therapy Pool	1:00-1:45 PM	Fab @ 60+ ▲	Studio 1	8:30-9:30 AM	Aqua Fit ✦▲■●	Pool
1:15-2:45 PM	Svaroopa® Yoga Basics ▲■*	Studio 3	4:00-5:00 PM	Nia® ▲■●	Studio 1	9:00-10:00 AM	Circuit ■●	Studio 1
4:00-5:00 PM	Nia® ▲■●	Studio 1	5:15-6:15 PM	Power Yoga ■●*	Studio 3	9:00-10:00 AM	Power Yoga ■●*	Studio 3
5:15-5:45 PM	H.I.I.T. ■●☆	Studio 1	5:30-6:25 PM	Body Fusion ▲■●	Studio 1	9:15-10:00 AM	Aqua Pilates for Arthritis ▲■	Therapy Pool
5:15-6:15 PM	Slow Flow Yoga ▲■●*	Studio 3	5:45-6:30 PM	Indoor Cycling ■●	Studio 2	10:15-11:15 AM	Zumba® Gold ▲■	Studio 1
5:30-6:30 PM	Aqua Fit ✦▲■●	Pool	6:30-7:45 PM	Svaroopa® Yoga Basics ▲■*	Studio 3	11:30 AM-12:30 PM	Chair Yoga ▲■	Studio 1
5:45-6:30 PM	Indoor Cycling ■●	Studio 2	Thursday			Sunday		
5:50-6:20 PM	Strength in 30 ■●☆	Studio 1	5:15-6:00 AM	Indoor Cycling ■●	Studio 2	1:05-2:05 PM	Power Yoga ■●*	Studio 3
6:30-7:30 PM	Zumba® ▲■●	Studio 1	5:30-6:15 AM	Mat Pilates ▲■●*	Studio 3	2:15-3:15 PM	Nia® ▲■●	Studio 1
Tuesday			7:00-7:45 AM	H ² O Arthritis ▲■	Therapy Pool	4:00-4:55 PM	Soul Grooves® ▲■●	Studio 1
5:15-6:00 AM	Indoor Cycling ■●	Studio 2	7:30-8:30 AM	Morning Yoga ▲■●*	Studio 3			
5:30-6:15 AM	Mat Pilates ▲■●*	Studio 3	8:00-9:00 AM	Zumba® Gold ▲■	Studio 1			
7:30-8:30 AM	Morning Yoga ▲■●*	Studio 3	8:30-9:15 AM	Cardiolates H ² O ✦▲■●	Pool			
8:00-9:00 AM	Zumba® Gold ▲■	Studio 1	8:45-9:30 AM	Indoor Cycling ■●	Studio 2			
8:30-9:15 AM	Cardiolates H ² O ✦▲■●	Pool	9:00-10:00 AM	Power Yoga ■●*	Studio 3			
8:45-9:30 AM	Indoor Cycling ■●	Studio 2	9:15-10:10 AM	PiYo® ■●*	Studio 1			
9:00-10:00 AM	Power Yoga ■●*	Studio 3	10:15-10:45 AM	STRETCH ▲■●☆	Studio 1			
9:15-10:00 AM	PiYo ■●*	Studio 1	10:15-11:15 AM	Functional Core Yoga ▲■●*	Studio 3			
10:05-10:50 AM	POUND® ▲■●	Studio 1	11:00-11:55 AM	Strength and Balance ▲	Studio 1			
10:15-11:00 AM	STRETCH ▲■●	Studio 3	11:30 AM-12:20 PM	Gentle Yoga ▲■*	Studio 3			
11:00-11:55 AM	Strength and Balance ▲	Studio 1	12:00-1:00 PM	Pump ■●	Studio 1			
11:30 AM-12:30 PM	Gentle Yoga ▲■*	Studio 3	12:30-1:10 PM	H ² O Arthritis ▲■	Therapy Pool			
12:00-1:00 PM	Pump ■●	Studio 1	1:15-2:15 PM	Tai Chi Level 2 ▲■●	Studio 1			
12:30-1:10 PM	H ² O Arthritis ▲■	Therapy Pool	2:15-3:15 PM	Tai Chi Level 1 ■●	Studio 1			
1:15-2:15 PM	Tai Chi Level 2 ▲■●	Studio 1	5:30-6:15 PM	Indoor Cycling ■●	Studio 2			
2:15-3:15 PM	Tai Chi Level 1 ▲■●	Studio 1	5:30-6:30 PM	Fit for Birth ✦▲■	Fitness Floor			
4:15-5:15 PM	Beginning & Prenatal Yoga ✦▲■*	Studio 3	5:30-6:30 PM	STRONG by Zumba® ■●	Studio 3			
5:15-6:10 PM	Cardio Kickboxing ▲■●	Studio 1	5:30-6:30 PM	Aqua Fit ✦▲■●	Pool			
5:30-6:15 PM	Indoor Cycling ■●	Studio 2	5:30-6:00 PM	H.I.I.T. ■●☆	Studio 1			
5:30-6:30 PM	Fit for Birth ✦▲■	Fitness Floor	6:15-7:00 PM	H ² O Arthritis ▲■	Therapy Pool			
5:30-6:30 PM	Yoga Basics ✦▲■*	Studio 3	6:05-7:05 PM	REFIT® ▲■●	Studio 1			
6:15-7:00 PM	Aqua Pilates for Arthritis ▲■	Therapy Pool						
6:15-7:15 PM	REFIT® ▲■●	Studio 1						

Small Group Classes

12-Class Pass: Member \$216/Non-member \$300
 Unlimited Month:
 Member \$135/Non-member \$185
 Drop-In: Member \$25/Non-member \$30
 Flow Motion™ and TRX® classes are no extra cost for fitness members but require sign up through MiGym™.

Sign up via the  App or at the Woman's Center for Wellness service desk.

Small group classes provide individualized attention and are led by our certified and degreed trainers. Mix up your workouts with a variety of classes, including:

Flow Motion™
 Work out on the water using the Flow Motion Fitness Mat. Maximize your core strength, balance and flexibility all while having a blast. Choose from Flow Motion Boot Camp or Flow Motion Beginner class.

TRX® Suspension Training

Born in the Navy Seals, suspension training bodyweight exercises simultaneously develop strength, balance, flexibility and core stability. TRX training leverages gravity and your body weight to complete hundreds of functional exercises. You're in control of how much you want to challenge yourself on each exercise simply by adjusting your body position. We provide detailed instructions to provide a fun and challenging class, no matter your fitness level.

Pilates Allegro Reformer

Get ready to sweat and stretch in these challenging classes. Classes will include a variety of options for all fitness levels. Choose from cardio jump board and fusion apparatus. Our instructors provide guidance on the reformer carriage to ensure that each workout session fits your individual needs and goals. Each class will be a fun workout designed for anyone wanting a new twist on elevating the heart rate.

Call 225-924-8300 for more information or to schedule your sessions.

- ▲ **Beginner.** Classes are appropriate for participants with low fitness levels.
- **Intermediate.** Classes require some knowledge of class terminology and phrases. Appropriate for participants with moderate fitness levels.
- **Advanced.** Classes are appropriate for participants with high fitness levels.
- ✦ **Prenatal.** Classes are appropriate for participants who are currently pregnant.
- * **Bring a Mat**
- ★ **30-minute Classes**

Days indicate class locations: **Studio 1, Studio 2, Studio 3, Pool, Therapy Pool & Fitness Floor**

Aqua Fit ✦▲■●M, W, Th, F, Sa
Combines cardiovascular and strength training in the water.

Aqua Pilates for Arthritis ▲■ Tu, Sa
Pilates exercises performed in warm water focused on breathing and proper form to increase range of motion.

Aqua Tone ✦▲■●★ M
A toning class using a variety of aquatic equipment.

Barre ■● M, W, F
Effectively strengthens, tones and balances the entire body using toning and resistance exercises followed by stretching to create long, lean muscle without bulk. Class size is limited to 15 participants.

Beginning & Prenatal Yoga ✦▲■●★ Tu
This class focuses on basic yoga poses and breath with movement. Improve posture, endurance, flexibility and body alignment. Adaptable for beginners, those who are pregnant and those who want to enhance flexibility and mindfulness.

Body Fusion ▲■● M, W
Strengthen your muscles and improve your stamina in this dynamic and fun class. Work most major muscle groups using an array of fitness equipment in this fusion of cardio and strength exercises.

Cardio Kickboxing ▲■● M, Tu, W
Put on your boxing gloves! This class combines a mix of cardio options, including traditional boxing and kickboxing moves with core training.

Cardiolates H²O ✦▲■● Tu, Th
Integrates aerobic conditioning exercises with Pilates movements to challenge your heart and core.

Chair Yoga ▲■ W, Sa
Using a chair for sitting or support, this gentle yoga class provides all ages and body types with the unique opportunity to cultivate better breathing skills, improve flexibility, balance and posture as well as reduce stress.

Circuit ■● Sa
Gives you an “all-in-one” fast-paced workout, incorporating advanced choreography on the floor or the step, interval training, cardio and strength exercises using a variety of equipment.

Club 55 H²O ▲■● M, W
Designed for women age 55+. Uses a variety of movements to improve cardiovascular conditioning, posture and balance.

Fab @ 50+ ▲■
Circuit M, Cardio ★ W, F
Several formats for the needs of older women.

Fab @ 60+ ▲ W
Safely challenges women age 60+ with 30 minutes of low-impact exercise and 15 minutes of balance and functional strength exercises.

Fit After Baby ▲■● M
New moms *and* babies, join us for a restorative workout with a focus on functional movement and managing activities of daily living with your baby. Babies will be held in a carrier or sling for the duration of the class.

Fit for Birth ✦▲■ Tu, Th
Prenatal strength training for birth using contraction-based interval training, corrective exercise and specific core and pelvic floor recruitment exercises.

Functional Abs ▲■●★ M, W
Functional exercises performed seated, standing and on the floor to constantly challenge and engage your core.

Functional Core Yoga ▲■●★ Th
This class aligns the mind, body and breath while exploring one particular body area or posture by tapping into body awareness to strengthen, stabilize or soften key functional core areas such as the pelvic floor, spine and glutes.

Gentle Yoga ▲■★ Tu, Th
Learn alignment principles that improve posture and stimulate relief from chronic pain and injury. This class modifies simple movements coordinated with breathing and offers techniques to use in daily life.

H²O Arthritis ▲■ M, Tu, W, Th, F
This warm-water class uses the Arthritis Foundation guidelines and format. Class size is limited to 25 participants.

Hatha Flow Yoga ✦▲■●★ W
Strengthen your body, create mindfulness and find inner peace by practicing yoga poses in unison with pranayama (breath). Incorporates beginning poses, vinyasas and stretching. Appropriate for all levels; modifications are made during practice.

H.I.I.T. ■●★ M, Th
This High Intensity Interval Training (H.I.I.T.) class breaks through your plateau by combining short bursts of high-intensity cardio with lower levels of strength and balance training.

H.I.I.T. the Step ■● W
High Intensity Interval Training (H.I.I.T.) combined with challenging step choreography.

Indoor Cycling ■● M, Tu, W, Th, Sa
★ M, W lunch class
Interval training and recovery. Our special recipe of speed work, endurance and interval cycling. Class size is limited to 17 participants. Please arrive 5-10 minutes early for your first class bike set up.

Mat Pilates ▲■●★ M, Tu, W, Th, F
Improve core control, coordination, standing alignment and balance.

Morning Yoga ▲■●★ Tu, Th
Begin the day with this playful connection of yoga poses designed to help you find your best alignment.

Nia ▲■● M, W, F, F, Sn
Neuromuscular Integrated Action (Nia[®]) is a complete body, mind and spirit fitness exercise that integrates healing, martial and dance arts.

PiYo ■●★ Tu, Th
Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Delivers a fat-burning, low-impact workout that leaves your body looking long, lean and defined.

POUND ▲■● Tu
The POUND[®] workout fuses interval training with drumming to provide a challenging, heart-pumping, full-body workout.

Power Yoga ■●★ Tu, W, Th, Sa, Sn
Ashtanga poses build strength, endurance and flexibility while relieving stress.

Pump ■● Tu, W, Th, F
Intense strength training focusing on advanced techniques to maximize your strength.

REFIT ▲■● Tu, Th
Combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into this fun workout.

REV+FLOW by REFIT ▲■●★ M
REV+FLOW by REFIT[®] is a high intensity, low impact workout designed for everyone. Although it is movement to music, this is not a cardio dance class. Movements are slower, easy to follow and highly modifiable whether higher or lower intensity is needed.

Slow Flow Yoga ▲■●★ M
A slow-paced sequence of poses that links breath with movement. Slow flow gives attention to skillful alignment, deepening the stretch and stamina of each pose, and calming the body and mind.

Soul Grooves ▲■● Sa, Sn
Soul Grooves[®] is a cardio workout that involves varied choreographed dance routines and inspires people to get fit and feel healthier all while having fun.

Step ■● M, W, F
Step choreography that includes turns, jumps and twists with directional and tempo changes.

Strength and Balance ▲ Tu, Th
Improve posture and movement with exercises designed for women age 60+.

Strength in 30 ■●★ M
This class combines heart-pumping music with resistance training exercises for 30 minutes of calorie-torching fun! This whole body workout emphasizes strength and endurance.

Strength to Stretch ▲■● F
A 35-minute weightlifting class that focuses on learning proper form and techniques followed by 20 minutes of flexibility exercises.

STRETCH ▲■● Tu, ★ Th
Learn to gradually and gently lengthen muscles to increase range of motion and flexibility. Proper stretching techniques learned in this class can result in more fluid movement and carry over into other classes.

STRONG by Zumba ▲■● Th, F
Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Every squat, lunge, and burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Svaroopaa Yoga Basics ▲■★ M, W
Svaroopaa Yoga with Yoga Nidra uses a unique variety and combination of poses to provide a rejuvenating mind/body experience. Each class includes breath work and meditation. Regular practice reduces chronic pain and lowers stress levels.



Fitness Hours
Monday-Thursday 5:00 AM-9:00 PM
Friday 5:00 AM-8:00 PM
Saturday 7:30 AM-4:30 PM
Sunday 12:00 PM-5:00 PM

Playroom
Monday-Thursday 8:00 AM-7:30 PM
Friday 8:00 AM-3:30 PM
Saturday 8:00 AM-12:00 PM
Sunday Closed

General Information/Scheduling 924-8300
Fitness Desk 924-8190
Nutrition Services 924-8313
Spa Services 924-8300
Membership 924-8114

Woman's Center for Wellness | Jefferson at Bluebonnet
Find class schedules online at womans.org/wcw

Tai Chi Level 1 ▲■● Tu, Th
Generate new neuronal pathways as you learn the basics of Tai Chi and section 1 of the form. Visual, auditory and kinesthetic teaching is given on focused attention, balance and weight shifting. Take your time, finding ease in the practice.

Tai Chi Level 2 ▲■● Tu, Th
Tai Chi Level 1 prerequisite. Continue to learn and perfect this Chinese art, experiencing all 3 levels of the form. Participants are always encouraged toward a finely tuned mind/body consciousness and well being.

Vinyasa Yoga ■●★ M, F
Expect to warm and open your body through a variety of yoga postures linked to the mindful rhythm of breath. Modifications will be given so students can work within their own ability.

Yoga Basics ✦▲■★ Tu
Flow Yoga is an invitation to connect more deeply with yourself. Engage mentally and become familiar with your body as it moves through a series of poses. With less of an emphasis on working up a sweat, there is more opportunity for mindful movement and safer challenges. Focus on proper alignment and balancing energy.

Zumba ▲■● M
A Latin-based class combining aerobic and fitness movements with easy-to-follow dance steps.

Zumba Gold ▲■ Tu, Th, Sa
A slower, gentler form of Zumba[®].