

**Group Exercise Classes** July, August, September

▲ Beginner ■ Intermediate ● Advanced ❖ Prenatal \* Please Bring a Mat

| 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 <sup>2</sup> O Arthritis ▲■     | Therapy Pool    | 7:00-7:45 AM      | H <sup>2</sup> 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      | 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        | 8:30-9:15 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     | Nia® ▲■●                          | Studio 3        | 9:00-10:00 AM     | Hatha Flow Yoga ❖▲■●*             | Studio 3        | 9:45-10:30 AM     | Step ■●                       | Studio 1     |
| 9:15-10:00 AM     | SPIN ■●                           | Studio 2        | 9:50-10:25 AM     | Pump ■●                           | Studio 1        | 10:30-10:55 AM    | Fab @ 50+ Cardio ▲■           | Studio 1     |
| 9:45-10:15 AM     | Functional Abs ▲■●                | Studio 1        | 10:00-11:00 AM    | Club 55 H <sup>2</sup> O ▲■●      | Pool            | 10:15-11:15 AM    | Mat Pilates ▲■●*              | Studio 3     |
| 10:00-10:40 AM    | Club 55 H <sup>2</sup> O ▲■●      | Pool            | 10:15-11:15 AM    | Mat Pilates ▲■●*                  | Studio 3        | 11:00-11:55 AM    | Strength to Stretch ▲■●       | Studio 1     |
| 10:15-11:15 AM    | Mat Pilates ▲■●*                  | Studio 3        | 10:30-11:00 AM    | Fab @ 50+ Cardio ▲■               | Studio 1        | 12:00-12:45 PM    | Barre ■●                      | Studio 1     |
| 10:30-11:30 AM    | Fab @ 50+ Circuit ▲■              | Studio 1        | 11:00-11:30 AM    | Functional Abs ▲■●                | Studio 1        | 12:00-1:00 PM     | Vinyasa Yoga ■●*              | Studio 3     |
| 10:45-11:15 AM    | Aqua Tone ❖▲■●                    | Pool            | 12:00-12:45 PM    | Barre ■●                          | Studio 1        | 12:30-1:10 PM     | H <sup>2</sup> O Arthritis ▲■ | Therapy Pool |
| 11:00 AM-12:00 PM | Fit After Baby ▲■●                | Conference Room | 12:30-1:10 PM     | H <sup>2</sup> O Arthritis ▲■     | Therapy Pool    | Saturday          |                               |              |
| 12:00-12:45 PM    | Barre ■●                          | Studio 1        | 1:00-1:45 PM      | Fab @ 60+ ▲                       | Studio 1        | 8:00-8:45 AM      | SPIN ■●                       | Studio 2     |
| 12:00-1:00 PM     | Vinyasa Yoga ■●*                  | Studio 3        | 5:15-6:15 PM      | Cardio Yoga ■●*                   | Studio 3        | 8:00-8:55 AM      | Soul Grooves® ▲■●             | Studio 1     |
| 12:30-1:10 PM     | H <sup>2</sup> O Arthritis ▲■     | Therapy Pool    | 5:30-6:15 PM      | Cardiolates H <sup>2</sup> O ❖▲■● | Pool            | 8:30-9:30 AM      | Aqua Fit ❖▲■●                 | Pool         |
| 1:15-2:45 PM      | Svaroopa® Yoga Basics ▲■*         | Studio 3        | 5:30-6:25 PM      | Body Fusion ▲■●                   | Studio 1        | 9:00-10:00 AM     | Circuit ■●                    | Studio 1     |
| 5:15-5:45 PM      | H.I.I.T. ■●                       | Studio 1        | 5:45-6:30 PM      | SPIN ■●                           | Studio 2        | 9:00-10:00 AM     | Power Yoga ■●*                | Studio 3     |
| 5:15-6:15 PM      | Slow Flow Yoga ▲■●*               | Studio 3        | 6:30-7:15 PM      | POUND® ▲■●                        | Studio 1        | 9:15-10:00 AM     | Aqua Pilates for Arthritis ▲■ | Therapy Pool |
| 5:30-6:30 PM      | Aqua Fit ❖▲■●                     | Pool            | 6:30-8:00 PM      | Svaroopa® Yoga Basics ▲■*         | Studio 3        | 10:15-11:15 AM    | Zumba® Gold ▲■                | Studio 1     |
| 5:45-6:30 PM      | SPIN ■●                           | Studio 2        | 6:35-7:05 PM      | Intro to SPIN ▲■                  | Studio 2        | 11:20 AM-12:20 PM | Chair Yoga ▲■                 | Studio 3     |
| 5:50-6:20 PM      | Kettlebell AMPD ■●                | Studio 1        | Thursday          |                                   |                 | Sunday            |                               |              |
| 6:30-7:30 PM      | Zumba® ▲■●                        | Studio 1        | 5:15-6:00 AM      | SPIN ■●                           | Studio 2        | 1:05-2:05 PM      | Power Yoga ■●*                | Studio 3     |
| 6:30-7:30 PM      | Beginning & Prenatal Yoga ❖▲■*    | Studio 3        | 5:30-6:15 AM      | Mat Pilates ▲■●*                  | Studio 3        | 2:15-3:15 PM      | Nia® ▲■●                      | Studio 3     |
| Tuesday           |                                   |                 | 7:00-7:45 AM      | H <sup>2</sup> O Arthritis ▲■     | Therapy Pool    | 4:00-4:55 PM      | Soul Grooves® ▲■●             | Studio 1     |
| 5:15-6:00 AM      | SPIN ■●                           | 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 <sup>2</sup> O ❖▲■● | Pool            |                   |                               |              |
| 8:00-9:00 AM      | Zumba® Gold ▲■                    | Studio 1        | 8:45-9:30 AM      | SPIN ■●                           | Studio 2        |                   |                               |              |
| 8:30-9:15 AM      | Cardiolates H <sup>2</sup> O ❖▲■● | Pool            | 9:00-10:00 AM     | Power Yoga ■●*                    | Studio 3        |                   |                               |              |
| 8:45-9:30 AM      | SPIN ■●                           | Studio 2        | 9:15-10:15 AM     | Body Fusion ▲■●                   | Studio 1        |                   |                               |              |
| 9:00-10:00 AM     | Power Yoga ■●*                    | Studio 3        | 10:15-10:45 AM    | H.I.I.T. ■●                       | Studio 1        |                   |                               |              |
| 9:15-10:15 AM     | Body Fusion ▲■●                   | Studio 1        | 10:15-11:00 AM    | PiYo ▲■●*                         | Studio 3        |                   |                               |              |
| 10:15-10:45 AM    | H.I.I.T. ■●                       | Studio 1        | 11:00-11:55 AM    | Strength and Balance ▲            | Studio 1        |                   |                               |              |
| 10:15-11:00 AM    | Mat Pilates ▲■●*                  | Studio 3        | 11:30 AM-12:30 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 <sup>2</sup> O Arthritis ▲■     | Therapy Pool    |                   |                               |              |
| 12:00-1:00 PM     | Pump ■●                           | Studio 1        | 1:00-2:00 PM      | Tai Chi Level 2 ▲■●               | Studio 3        |                   |                               |              |
| 12:30-1:10 PM     | H <sup>2</sup> O Arthritis ▲■     | Therapy Pool    | 2:00-3:00 PM      | Tai Chi Level 3 ■●                | Studio 3        |                   |                               |              |
| 1:00-2:00 PM      | Tai Chi Level 2 ▲■●               | Studio 3        | 5:30-6:30 PM      | Fit for Birth ❖▲■                 | Conference Room |                   |                               |              |
| 2:00-3:00 PM      | Tai Chi Level 1 ▲■●               | Studio 3        | 5:30-6:30 PM      | Power Yoga ■●*                    | Studio 3        |                   |                               |              |
| 5:15-6:10 PM      | Cardio Kickboxing ▲■●             | Studio 1        | 5:30-6:30 PM      | Aqua Fit ❖▲■●                     | Pool            |                   |                               |              |
| 5:30-6:15 PM      | SPIN ■●                           | Studio 2        | 5:45-6:15 PM      | H.I.I.T. ■●                       | Studio 1        |                   |                               |              |
| 5:30-6:30 PM      | Fit for Birth ❖▲■                 | Conference Room | 6:15-7:00 PM      | H <sup>2</sup> O Arthritis ▲■     | Therapy Pool    |                   |                               |              |
| 5:30-6:30 PM      | Yoga Basics ❖▲■*                  | Studio 3        | 6:30-7:30 PM      | REFIT® ▲■●                        | Studio 1        |                   |                               |              |
| 6:15-7:00 PM      | Aqua Pilates for Arthritis ▲■     | Therapy Pool    |                   |                                   |                 |                   |                               |              |
| 6:15-7:15 PM      | REFIT® ▲■●                        | Studio 1        |                   |                                   |                 |                   |                               |              |

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**Small Group Classes**

12-Classes 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 signup through MINDBODY.

Sign up via the MINDBODY 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. Using the MINDBODY® software, simply book any class of your choosing from your computer or phone. 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.

**Our 30-minute classes are designed for those short on time.**

- ▲ **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.
- \* **Please Bring a Mat**

**Days indicate class locations: Studio 1, Studio 2, Studio 3, Pool, Therapy Pool & Conference Room**

**Aqua Fit** ✦▲■●M, W, 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 30-minutes

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** ✦▲●\* M

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, Tu, W, Th

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.

**Cardio Yoga** ■●\* W

This workout has the power to tone the body from head to toe and help you find inner peace at the same time.

**Cardiolates H<sup>2</sup>O** ✦▲■●Tu, W, Th

Integrates aerobic conditioning exercises with Pilates movements to challenge your heart and core.

**Chair Yoga** ▲■ 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 H<sup>2</sup>O** ▲■● M, W

Designed for women age 55+. Uses a variety of movements to improve cardiovascular conditioning, posture and balance.

**Fab @ 50+** ▲■ 30-minutes

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 30-minutes

Functional exercises performed seated, standing and on the floor to constantly challenge and engage your core.

**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.

**H<sup>2</sup>O 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, Tu, 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.

**Intro to SPIN** ▲■ W 30-minutes

An indoor cycling class designed for beginner spinners. The first part of each class will consist of basic bike set-up followed by a basic spin routine.

**Kettlebell AMPD** ■● M

This class takes heart-pumping music and your favorite kettlebell moves and combines them into 30 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core and cardio. Each song concentrates on a main area while still maintaining a whole-body routine.

**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, M, W, F, F, Sn

Neuromuscular Integrated Action (Nia<sup>®</sup>) is a complete body, mind and spirit fitness exercise that integrates healing, martial and dance arts.

**PiYo** ▲■●\* 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** ▲■● W

The POUND<sup>®</sup> workout fuses interval training with drumming to provide a challenging, heart-pumping, full-body workout.

**Power Yoga** ■●\* Tu, 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.

**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<sup>®</sup> is a cardio workout that involves varied choreographed dance routines and inspires people to get fit and feel healthier all while having fun.

**SPIN** ■● M, Tu, W, Th, Sa

Interval training and recovery. Our special recipe of speed work, endurance and interval cycling. Class size is limited to 17 participants.

**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 to Stretch** ▲■● F

A 35-minute weightlifting class that focuses on learning proper form and technique followed by 20 minutes of flexibility exercises.

**STRONG by Zumba** ■● F

A killer H.I.I.T. bodyweight workout with pumped up music to drive the intensity to make you STRONG!

**Svaroopa** Yoga Basics ▲■\* M, W

Svaroopa<sup>®</sup> yoga releases spinal tension and provides a powerfully transformative practice working simultaneously on physical, mental and emotional levels. Arrive 5-10 minutes early to set up props.

**Tai Chi Level 1** ▲■● Tu

Experience the basics of tai chi with a calming and relaxed approach. Class includes breath regulation, balance and weight shifting, easy stretching and individual tai chi poses.

**Tai Chi Level 2** ▲■● Tu, Th

Begin this ancient Chinese form of exercise blending focused concentration, deep breathing and slow circular movements.



**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](http://womans.org/wcw)**

**Tai Chi Level 3** ■● Th

Continue your commitment to perfecting the form you learned as a beginner.

**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<sup>®</sup>.