

Group Exercise Classes January, February, March

▲ 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 ² O Arthritis ▲■ | Therapy Pool | 7:00-7:45 AM | H ² O Arthritis ▲■ | Therapy Pool | 8:00-8:55 AM | Strong by Zumba | Studio 1 |
| 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 | 9:00-10:00 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 ² O ▲■● | Pool | 10:15-11:15 AM | Mat Pilates ▲■●* | Studio 3 |
| 10:00-10:40 AM | Club 55 H ² 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 | 11:30 AM-12:30 PM | Gentle Yoga ▲■* | Studio 3 | 12:30-1:10 PM | H ² O Arthritis ▲■ | Therapy Pool |
| 11:00 AM-12:00 PM | Fit After Baby ▲■● | Conference Room | 12:00-12:45 PM | Barre ■● | Studio 1 | Saturday | | |
| 12:00-12:45 PM | Barre ■● | Studio 1 | 12:30-1:10 PM | H ² O Arthritis ▲■ | Therapy Pool | 8:00-8:45 AM | SPIN ■● | Studio 2 |
| 12:00-1:00 PM | Vinyasa Yoga ■●* | Studio 3 | 1:00-1:45 PM | Fab @ 60+ ▲ | Studio 1 | 8:00-8:55 AM | Mat Pilates ▲■●* | Studio 3 |
| 12:30-1:10 PM | H ² O Arthritis ▲■ | Therapy Pool | 5:15-6:15 PM | Cardio Yoga ■●* | Studio 3 | 8:00-8:55 AM | Soul Grooves® ▲■● | Studio 1 |
| 1:15-2:45 PM | Svaroopa® Yoga Basics ▲■* | Studio 3 | 5:30-6:15 PM | Cardiolates H ² O ▲■● | Pool | 8:30-9:30 AM | Aqua Fit ▲■● | Pool |
| 5:15-5:45 PM | H.I.I.T. ■● | Studio 1 | 5:30-6:25 PM | Body Fusion ▲■● | Studio 1 | 9:00-10:00 AM | Circuit ■● | Studio 1 |
| 5:15-6:15 PM | Slow Flow Yoga ▲■●* | Studio 3 | 5:45-6:30 PM | SPIN ■● | Studio 2 | 9:00-10:00 AM | Power Yoga ■●* | Studio 3 |
| 5:30-6:30 PM | Aqua Fit ▲■● | Pool | 6:30-7:15 PM | Barre ▲■● | Studio 1 | 9:15-10:00 AM | Aqua Pilates for Arthritis ▲■ | Therapy Pool |
| 5:45-6:30 PM | SPIN ■● | Studio 2 | 6:30-8:00 PM | Svaroopa® Yoga Basics ▲■* | Studio 3 | 9:45-10:45 AM | Aqua Bumps ❀▲■● | Pool |
| 5:50-6:20 PM | Kettlebell AMPD ■● | Studio 1 | 6:35-7:05 PM | Intro to SPIN ▲■ | Studio 2 | 10:15-11:15 AM | Zumba Gold ▲■ | Studio 1 |
| 6:30-7:30 PM | Zumba ▲■● | Studio 1 | Thursday | | | Sunday | | |
| 6:30-7:30 PM | Prenatal Yoga ❀▲■ | Studio 3 | 5:15-6:00 AM | SPIN ■● | Studio 2 | 1:05-2:05 PM | Power Yoga ■●* | Studio 3 |
| Tuesday | | | 5:30-6:15 AM | Mat Pilates ▲■●* | Studio 3 | 4:00-4:55 PM | Soul Grooves® ▲■● | Studio 1 |
| 5:15-6:00 AM | SPIN ■● | Studio 2 | 7:00-7:45 AM | H ² O Arthritis ▲■ | Therapy Pool | <p>new! Specialized 12-class pass</p> <p><i>Member \$216/Non-member \$300 per 12 classes; Drop-In: Member \$25/Non-member \$30 Sign up via the MINDBODY App or at the Woman's Center for Wellness service desk.</i></p> <p>"Specialized" classes are small group classes that provide individualized attention and are led by our certified and degreed trainers. Using the MINDBODY™ app, simply book any class from your computer or smartphone. Mix up your workouts with a variety of classes, including:</p> <p>Pilates Allegro Reformer The reformer is a special apparatus that allows movement through a full range of motion, simultaneously increasing flexibility while building strength. Our instructors provide guidance on the reformer carriage — on which you may sit, kneel, or lie—to ensure that each workout session fits your individual needs and goals. Switch up your routine to attain a higher level of balance in your exercise program as you develop greater coordination, flexibility and strength.</p> <p>Cardio Jump Board Get ready to sweat in this challenging class combining jumping intervals and Pilates strength work all on the reformer! It's a fun workout designed for anyone wanting a new twist on elevating the heart rate.</p> <p>FlowMotion™ Work out on the water using the FlowMotion Fitness Mat. Maximize your core strength, balance and flexibility all while having a blast. Choose from Flow Motion Boot Camp or Yoga.</p> <p>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.</p> <p>Triple Threat Take your fitness to the next level with a High Intensity Interval Training (H.I.I.T.) workout that incorporates calorie-torching cardio rounds on the rowing machines, spin bikes, and/or treadmills with muscle-building body weight and resistance training exercises. Interval training workouts have been found to increase metabolism, increase caloric burn and slow the aging process. Cardio, functional strength, FUN!</p> <p>Private Lessons Help your daughter stay healthy and strong by building a basis for lifelong fitness.</p> <ul style="list-style-type: none"> • Train with a certified Youth Fitness Specialist • Resistance training to improve strength, flexibility and cardiovascular fitness • Proper fitness form and technique • Games specific to age, skill and fitness levels <p><i>Appropriate for girls 13-18 years</i></p> | | |
| 5:30-6:15 AM | Mat Pilates ▲■●* | Studio 3 | 7:30-8:30 AM | Morning Yoga ▲■●* | Studio 3 | | | |
| 7:30-8:30 AM | Morning Yoga ▲■●* | Studio 3 | 8:00-9:00 AM | Zumba Gold ▲■ | Studio 1 | | | |
| 8:00-9:00 AM | Zumba Gold ▲■ | Studio 1 | 8:30-9:15 AM | Cardiolates H ² O ▲■● | Pool | | | |
| 8:30-9:15 AM | Cardiolates H ² O ▲■● | Pool | 8:45-9:30 AM | SPIN ■● | Studio 2 | | | |
| 8:45-9:30 AM | SPIN ■● | Studio 2 | 9:00-10:00 AM | Power Yoga ■●* | Studio 3 | | | |
| 9:00-10:00 AM | Power Yoga ■●* | Studio 3 | 9:15-10:15 AM | Body Fusion ▲■● | Studio 1 | | | |
| 9:15-10:15 AM | Body Fusion ▲■● | Studio 1 | 10:15-10:45 AM | H.I.I.T. ■● | Studio 1 | | | |
| 10:15-10:45 AM | H.I.I.T. ■● | Studio 1 | 10:15-11:00 AM | PiYo ▲■●* | Studio 3 | | | |
| 10:15-11:15 AM | Mat Pilates ▲■●* | Studio 3 | 11:00-11:55 AM | Strength and Balance ▲ | Studio 1 | | | |
| 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 | 1:00-2:00 PM | Tai Chi Level 2 ▲■● | Studio 3 | | | |
| 12:30-1:10 PM | H ² 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 | 5:30-6:15 PM | SPIN ■● | Studio 2 | | | |
| 2:00-3:00 PM | Tai Chi Level 1 ▲■● | Studio 3 | 5:30-6:30 PM | Fit for Birth ❀▲■ | Conference Room | | | |
| 5:15-6:10 PM | Cardio Kickboxing ▲■● | Studio 1 | 5:30-6:30 PM | Power Yoga ■●* | Studio 3 | | | |
| 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 ² O Arthritis ▲■ | Therapy Pool | | | |
| 5:30-6:30 PM | Flow Yoga ▲■●* | Studio 3 | 6:30-7:25 PM | WERQ ▲■● | 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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new! Specialized 12-class pass

Member \$216/Non-member \$300 per 12 classes; Drop-In: Member \$25/Non-member \$30 Sign up via the MINDBODY App or at the Woman's Center for Wellness service desk.

"Specialized" classes are small group classes that provide individualized attention and are led by our certified and degreed trainers. Using the MINDBODY™ app, simply book any class from your computer or smartphone. Mix up your workouts with a variety of classes, including:

Pilates Allegro Reformer
The reformer is a special apparatus that allows movement through a full range of motion, simultaneously increasing flexibility while building strength. Our instructors provide guidance on the reformer carriage — on which you may sit, kneel, or lie—to ensure that each workout session fits your individual needs and goals. Switch up your routine to attain a higher level of balance in your exercise program as you develop greater coordination, flexibility and strength.

Cardio Jump Board
Get ready to sweat in this challenging class combining jumping intervals and Pilates strength work all on the reformer! It's a fun workout designed for anyone wanting a new twist on elevating the heart rate.

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

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 Bumps ✦▲■● Sa

This low-impact workout increases flexibility, strength and cardiovascular fitness throughout pregnancy. The water reduces stress on the muscles and body while supporting the baby's weight.

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.

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 H²O ▲■● Tu, W, Th

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

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+ ▲■ 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.

Flow Yoga ▲■●✦ 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.

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, W

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, 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, Sa

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

Neuromuscular Integrated Action (Nia®) 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.

Power Yoga ■●✦ Tu, Th, Sa, Sn

Ashtanga poses build strength, endurance and flexibility while relieving stress.

Prenatal Yoga ✦▲■● M

Helps expectant moms prepare for and recover from childbirth. This class focuses on relieving common pregnancy discomforts through proper body alignment, breathing and mindfulness.

Pump ■● Tu, W, Th, F

Intense strength training focusing on advanced techniques to maximize your strength.

REFIT® ▲■● Tu

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® 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 18 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

Combines a killer bodyweight boot camp workout with party vibes and pumped-up music to drive the intensity in a challenging workout designed to make you STRONG!

Svaroopa® Yoga Basics ▲■✦ M, W

Svaroopa® 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

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.

WERQ ▲■● Th

A wildly addictive cardio dance workout based on the hottest pop, rock and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

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.