

GROUP EXERCISE SCHEDULE

AUGUST 2020

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 AM		8:00-8:40 AM HIIT IT!	8:00-9:00 AM YOGA	6:30-7:30 AM INTERVAL WALK	8:00-8:40 AM HIIT IT!	8:00-9:00 AM YOGA	8:00-9:00 AM CORE CONDITIONING
10 AM				This class meets at Post Oak Park			
3 PM							
6 PM							
7 PM	7:15-8:15 PM YOGA		7:15-7:45 PM HIIT IT!		7:15-8:15 PM STRENGTH YOGA		

All classes except interval walk will be held on tennis court #1. Interval walk will continue to meet at Post Oak Park.

CLASS DESCRIPTIONS

Yoga: A series of flowing moves designed to help participants increase strength, balance, and flexibility, as well as learn to relax and de-stress. Children, accompanied by an adult, who can follow the teacher's instruction are welcome. A mat is required.

Interval Walk: Join us for a great time outside walking (or running - you choose the pace) and visiting with friends! The class meets at Post Oak Park, located at the southeast corner of Flower Mound Rd and Skillern Blvd. There are interval breaks with a variety of resistance exercises based upon body weight. Children, accompanied by an adult, who can follow the teacher's instruction are welcome. This class is OPEN TO THE PUBLIC.

HIIT It! Short bursts of high-intensity exercise with brief periods of rest in between. Interval training helps you to more effectively burn calories and increase your fitness level in less time. Children, accompanied by an adult, who can follow the teacher's instruction are welcome. A mat is required.

Strength Yoga: Not your typical yoga class, this class will tone and strengthen your muscles using yoga poses incorporating free weights, body weight, and even stretch bands. Connect your mind and body to build your strength and endurance mindfully. You'll leave feeling that yoga glow of hard work and relaxation. Bring a yoga mat and a towel; weights will be provided.

Core Training: This class combines a variety of exercises that will train your core, increase strength and flexibility. A mat and a set of hand weights is required.

