

GROUP EXERCISE SCHEDULE						OCTOBER 2024
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
6:30AM				6:30-7:30 AM		
8 AM		8:45-9:20 AM HIIT IT! Meets in MPR 10/7 Meets at Pool	8:45-9:45 AM YOGA Meets in MPR 10/8 Meets at Pool	INTERVAL WALK Meets at PostOakPk	8:45-9:20 AM HIIT IT! Meets in MPR 10/10 Meets at Pool	8-9 AM CORE CONDITIONING Meets in MPR 10/12 Meets at Pool
3 PM	3:45-4:45 PM YOGA				2-2:45 PM Chair Yoga	
6 PM	Meets in MPR 10/6 Meets at Pool	6:00-7:00 PM BARRE PILATES 10/7 Meets at Pool	6-7 PM YOGA	10/16/2024 Group Machine Meets in Gym <a href="#">Sign up online</a>	Meets in MPR 10/10 Meets Pool	
7 PM			7:15-7:45 PM HIIT IT! Meet in MPR 10/8 Meets at Pool		7:15-8:15 PM STRENGTH YOGA Meets in MPR 10/10 CANCELLED	

## CLASS DESCRIPTIONS

**Chair Yoga:** Designed to allow almost anyone to participate in a very gentle form of yoga. Chair Yoga will increase flexibility, strength, balance, and circulation, plus it encourages quiet reflection, proper breathing, and better posture. All poses are done either standing up or sitting in a chair. This class is OPEN TO THE PUBLIC.

**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.

**Dance Fusion:** Fuses Cardio dance, Pop dance and Zumba-type dance movements together with easy to follow aerobic patterns. Join us for this fun new class!

**Barre/Pilates Class:** Combines Pilates, yoga, and ballet methods, incorporating small, isolated movements to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. Barre classes sculpt the physique to create toned muscles and increase core muscle strength, flexibility, stamina, and posture.

**Core Training:** This powerhouse 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.

**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.

**Group Machine Orientations:** Free, open to Wellington residents 12 & older (12-14 must be accompanied by an adult). Limited to a maximum of 10 participants per class. Held @ 1 pm & 6 pm on the 2nd Wednesday of the month. Sign up online at link.

