

JANUARY 17 Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS CLASSES						
1st Floor: Studio Classes (A) or (B), Fitness Floor Classes (FF), Basketball Court (BC)						
2nd Floor: *Pilates Reformer Studio,						
5:30-6:30	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	
7:30-8:15 a.m.		Fall Prevention (B)		Fall Prevention (B)		
8-8:50 a.m.	Fun Fitness (BC)		Fun Fitness (BC)		Fun Fitness (BC)	
8:30-9:15 a.m.		Fall Prevention (B)		Fall Prevention (B)		
9-9:30 a.m.	Functional Fitness(FF)		Functional Fitness(FF)		Cardio Core (A)	
					Functional Fitness(FF)	
9-9:50 a.m.	Silver World Dance Jam(A) Tai Chi (B)	Pilates Plus Stretch (A)	Intervalocity (A) Tai Chi (B)	Pilates Plus Stretch (A)	Tai Chi (B)	Group Strength (A)
10-10:50 a.m.		Adv. Balance/Strength(FF)	Fascia Fix (B)	Adv. Balance/Strength(A)		
	New Life Active Adult (A)	Fascia Fix (A)	New Life Active Adult (A)	Fascia Fix (B)	New Life Active Adult (A)	Zumba (A)
11-11:50 a.m.	Diabetic Exercise* (ff) Yoga For Arthritis (A)	Yoga For Arthritis (A) (A) reserved till 12:15p	Diabetic Exercise* (ff) (A) reserved till 12:15p	Yoga For Arthritis (A) (A) reserved till 12:15p	Diabetic Exercise* (B)	
11:30-12p	Ab Express(B)		Ab Express(B)			
12-1:00 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	All group exercise classes must maintain an avg. of eight participants. If not, the class will be removed.
12-12:50 p.m.						
4:30-4:55 p.m.	Body Blast (A)	Strength to the Core (A)	Body Blast (A)	Strength to the Core (A)		
4:30-5:30 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	
5-5:50 p.m.	Yoga (A)		Yoga (A)		Yoga (A)	
		Adv. Body Blast (BC)	Kettlebells (B)	Adv. Body Blast (BC)		
5:30-6:30 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	
6-6:50 p.m.	Core and Glutes (A) Cycling(B)	Zumba (A)	Total Body Conditioning (A)	Zumba (A)		
6:30-7:30 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**		
7-7:50 p.m.						
7-7:50 p.m.	Yoga (A)	Zumba(A)	Extended Yoga (A)	Zumba(A)		
AQUATIC CLASSES						
Classes in exercise pool unless noted, (T)=Therapy , (L)=Lap 6ft. Lane						
7-7:45 a.m.	Beginning Swim* (L)		Beginning Swim* (L)		Beginning Swim* (L)	
8-8:50 a.m.	Power Water (E & L)		Power Water (E & L)		Power Water (E & L)	
9-9:50 a.m.	Aquatics Plus	Power Water	Aquatics Plus	Power Water	Aquatics Plus	Aquacise
9:50am-10:50a.m	Advanced Swim* (L) 2lanes		Advanced Swim* (L) 2 lanes		Advanced Swim* (L) 2 lanes	
10-10:50 a.m.	H ₂ O Arthritis(T)	Muscle,Bone and Joint	H ₂ O Arthritis(T)	Muscle, Bone and Joint	H ₂ O Arthritis(T)	Aquatic Body Sculpt
11-11:50 a.m.		Aqua Box		Aqua Box		Ai Chi (T)
2-2:50 p.m.	Power Water		Power Water		Power Water	
3-3:50 p.m.	Aqua Chi (T)		Aqua Chi (T)		Aqua Chi (T)	
5-5:50 p.m.						
6-6:50 p.m.	Aquatic Body Sculpting	Aquacise	Aquatic Body Sculpting	Aquacise	Aquatic Body Sculpting	
7-7:50 p.m.		Ai Chi (T)	Aqua Zumba	Ai Chi (T)		
WELLNESS SUPPORT			FOR YOU			
No Xcuses A.M. Fitness Camp 6-6:50 a.m. Jan 2-Feb 3 M,W,F Members \$159 Non-members \$185 Grief Support Group- Mondays, 6:30-730p.m. Mindfulness- Wednesdays, 6:30-7:30 p.m.			**CrossFit Altus ** To join or for more information, contact Dane Yelovich, dyelovich@hbu.edu or 281.649.3507 or 832.630.0226 for pricing and info. The CrossFit Altus box located next to the basketball court.			