

2018 Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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FITNESS CLASSES

1st Floor: Studio Classes (A) or (B), Fitness Floor Classes (FF), Basketball Court (BC)
2nd Floor: *Pilates Reformer Studio,

5:05-6a.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	
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* (A)	Yoga For Arthritis (A) (A) reserved till 12:15p	Diabetic Exercise* (A)	
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.						
4:30-510 p.m.		PUSH!(FF)		PUSH!(FF)		
4:30-5:30 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	
5-5:50 p.m.	Yoga (A)	HIP HOP FIT 5:15PM (A)	Yoga (A)	HIP HOP FIT 5:15PM (A)	Yoga (A)	
5:30-6:30 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	
6-6:50 p.m.	Core and Glutes (A) Cycling(B)	Zumba (A)	Core and Glutes (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)		Extended Yoga (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	HydroMix	Aquatics Plus	HydroMix	Aquatics Plus	HydroBurn
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)	Aqua Fun (10:30am)	H ₂ O Arthritis(T)	Aqua Fun (10:30am)	H ₂ O Arthritis(T)	HydroSculpt
11-11:50 a.m.						Mind-Body H ₂ O (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	HydroMix (E & L)	Aquatic Body Sculpting	HydroMix (E & L)		
7-7:50 p.m.		Mind-Body H ₂ O (T)		Mind-Body H ₂ O (T)		

WELLNESS SUPPORT

No Xcuses A.M. Fitness Camp

6-6:50 a.m. Jan 3-Feb 2 M,W,F

Members \$159

Non-members \$185

Grief Support Group- Mondays, 6:30-7:30p.m. ECR 2ND FL

Mindfulness- Wednesdays, 6:30-7:30 p.m. ECR 2ND FL

FOR YOU

281-649-3500

**CrossFit Altus **

To join or for more information, contact crossfitaltus@hbu.edu for pricing and info or Danny Vanaphan 832.859.0664

The CrossFit Altus box located next to the basketball court.