



## 2017 Group Fitness Classes

400 N. Brown, Hamilton, Texas 76531 - (254) 386-1670

Mon.-Thurs. 7:00am-6:00pm

Friday 7:00am-4:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am	<b>Early Bird Yoga</b>		<b>Early Bird Yoga</b>		
6:00am		<b>Yoga Group Class</b> <b>Circuit Class</b>		<b>Yoga Group Class</b>	<b>Circuit Class</b>
8:00am	<b>Arthritis Aerobics (aquatic)</b>	<b>Arthritis Aerobics (aquatic)</b> <b>Ball Class</b>	<b>Arthritis Aerobics (aquatic)</b> <b>Yoga Group Class</b>	<b>Arthritis Aerobics (aquatic)</b> <b>Ball Class</b>	<b>Arthritis Aerobics (aquatic)</b>
9:00am	<b>Aqua Fitness</b>	<b>Aqua Fitness</b>	<b>Aqua Fitness</b>	<b>Aqua Fitness</b> <b>Heal Your Body With Tai Chi</b>	<b>*Aqua Fitness</b>
10:00am		<b>Yoga/Pilates Group</b>	<b>Heal Your Body with Tai Chi</b>	<b>Yoga/Pilates Group</b>	
11:00am	<b>Arthritis Exercise Program</b>			<b>Arthritis Exercise Program</b>	
<i>Noon</i>	<b>Circuit Class</b>		<b>Noon Yoga</b>	<b>Circuit Class</b>	<b>Noon Yoga</b>
1:00pm	<b>Men's Aqua Class</b>		<b>Men's Aqua Class</b>		<b>Men's Aqua Class</b>
2:00pm	<b>Clogging</b>	<b>Heal Your Body with Tai Chi</b>	<b>Clogging</b>	<b>Clogging</b>	
5:00pm	<b>REFIT</b>		<b>REFIT</b>	<b>REFIT</b>	

## WATER CLASSES & DESCRIPTIONS

- **Arthritis Aerobics (aquatic)** is a class developed to help both men and women who struggle with arthritis. It is designed to increase your range of motion as well as provide some exercises to benefit your health. (*Instructor: Donna Anglin*)
- **Aqua Fitness** is designed to help women & men of all ages increase their strength, flexibility, and endurance by using the natural resistance of the water. These instructors are certified through the Arthritis Foundation. (*Instructors: Donna Anglin*)
- **Men's Aqua Class** is designed for men only who need assistance in gaining back strength, flexibility and stamina. (*Instructor: Kenneth Duderstadt*)

## LAND CLASSES & DESCRIPTIONS

- **Early Bird Yoga** starts the day off right with and **Evening Yoga** closes a busy day by following the 5000 year old practice of Yoga which is defined as "joining or integrating of all aspects of the individual - body with mind and mind with soul - to achieve a happy, balanced and useful life." (*Instructor: Kym Jeschke*)
- **Ball Class** is a class designed to build endurance and develop strength through light weight and low impact exercises using the stability ball for added dynamics. (*Instructor: Kim Hinton*)
- **Yoga Group** is a group of individuals who meet to increase flexibility, movement of joints, and tone core muscles in a non aggressive way. Wednesday class will be led by Penny Wright on CD where all levels of Yoga experience will benefit from these directed poses, stretches, breathing and relaxation techniques. (*No instructor*)
- **Yoga/Pilates Group** is a group of individuals who meet and practice a combination of Yoga and Pilates exercises to increase flexibility and coordination while toning core muscle groups. (*No Instructor*)
- **Arthritis Exercise Program** is a class to help with 3 main goals: Pain management, Balance and Communication. This class will provide exercises to improve balance, mobility and to decrease pain while helping to prevent falls and increase mobility in the elderly. The class will close with a period of relaxation and stress relief. These exercises are not strenuous and many of them are done while seated. (*Instructor: Donna Anglin*)
- **Circuit training** incorporates various exercises for all fitness components. This class combines exercises for sculpting, fat burning, strength and endurance. (*Instructor: Kim Hinton*)
- **Clogging** is a fast-paced self-entertaining form of dancing done both by individuals and by groups or teams. This exercise can be done by any age and only requires flat sole shoes. (*Instructor: Sue Blake*)
- **REFIT** 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 the REFIT workout. (*Instructor: Alex Wilson*)
- **Heal Your Body with Tai Chi** is a pick up and practice style program for anyone in need of healing their body. Tai Chi has proven to help lower blood pressure, relieve arthritis, and even help to speed up the recovery from an accident or chronic pain. The gentle, flowing movements are soft on the joints, and invigorating with proper deep breathing. (*Instructor: Jon Hodge*)
- **Bosu 360** - This will be a circuit style, high intensity, dynamic moving class. Using the Bosu ball and many different pieces of equipment to target the whole body each workout. This class will be 30 - 50 Minutes long. Recommended for those who have been participating in a regular/intense exercise program. (*Instructor: Jared Cook*)