

# FITNESS CLASS SCHEDULE



# SEP 1 - OCT 31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	POWER STRETCH & STRENGTH	YOGA FOR HAPPINESS & HEALTH	SUNRISE POWER YOGA	YOGA FOR HAPPINESS & HEALTH		
8:00 AM	AQUA FITNESS	YOGA GOLF MOBILITY	AQUA FITNESS	YOGA GOLF MOBILITY	AQUA FITNESS	
8:15 AM	STRENGTH & SCULPT		STRENGTH & SCULPT		STRENGTH & SCULPT	
8:30 AM						CARDIO KICKBOX STEP & SCULPT
9:00 AM		ZUMBA TONING		ZUMBA TONING		
9:15 AM	ZUMBA				ZUMBA	
9:30 AM			GENTLE FLOW YOGA			GENTLE FLOW YOGA
10:00 AM		CARDIO MIX		CORE & STRETCH		
10:30 AM	PILATES		YOGALATES		PILATES	
11:00 AM		BARRE				
5:30 PM		STEP FLEX	CARDIO KICKBOX STEP & SCULPT	STEP FLEX		

PRIVATE YOGA AND PILATES CLASSES AVAILABLE. WALK-INS WELCOME. CLASSES HELD AT THE MARINA DEL BAY. \$10 PER CLASS.  
SCHEDULE AND PRICES SUBJECT TO CHANGE. FOR MORE DETAILS PLEASE CALL **830.598.9210**. REV. 09/07/2017.

# FITNESS CLASSES

## AQUA FITNESS | 60 MINUTES

This class uses buoyant qualities of water to enhance physical fitness through exercise. It is a medium impact class designed to provide cardiovascular conditioning, improved muscle tone, and balance using various noodles and water dumbbells. It is a total body workout without the stress of land based exercise. Non-simmers welcome!

## BARRE | 50 MINUTES

Use techniques from ballet and yoga combined with Pilates principles to strengthen and lengthen muscles while increasing flexibility.

## CARDIO KICKBOX STEP & SCULPT | 50 MINUTES

This is a class of high energy with a mix of high/low cardio, kickboxing, step, sculpt with weights and a stretch to round out to a complete workout. This class is perfect for any fitness level.

## CARDIO MIX | 50 MINUTES

This energizing workout uses a variety of equipment to boost your heart rate and strengthen and tone your core. Perfect for all Fitness levels.

## CORE & STRETCH | 50 MINUTES

A barefoot workout using Barre and mat. For all fitness levels.

## GENTLE FLOW YOGA | 50 MINUTES

Open to all levels of practice and abilities, this gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness.

## PILATES | 50 MINUTES

Imagine an exercise program that you look forward to, that engages you, that leaves you refreshed and alert with a feeling of physical and mental well-being. Pilates mat work class enhances the fundamental understanding of core strength and stabilization. This exercise class focuses on improving balance, coordination flexibility, as well as strength.

## POWER STRETCH & STRENGTH | 50 MINUTES

Start your day with this dynamic stretch & strength class. This class is designed to challenge your balance & stability while focusing on improving your flexibility and strength. Perfect for all fitness levels.

## STEP FLEX | 50 MINUTES

This class is a medium intensity cardio workout focusing on interval training, basic resistance training and step moves for a complete, total body workout experience. You'll be sweating your way through some very unique and energetic movements, having fun at the same time. All fitness levels welcome.

## STRENGTH & SCULPT | 45 MINUTES

This full body conditioning class is designed to strengthen, tone, boost balance and stamina. Using various types of equipment including free weights, bands, body bars and your own body weight you will be sweating your way to total body perfection. This class is perfect for all fitness levels.

## YOGA FOR HAPPINESS & HEALTH | 50 MINUTES

Start your day creating strength, flexibility, and a calm mind. All fitness levels welcome.

## YOGA GOLF MOBILITY | 50 MINUTES

This is class is perfect for golfers of all levels who want to learn and apply the best mobility, flexibility, and core movements to advance your golf swing. This class will teach you how to properly warm-up and prepare for championship caliber rounds of golf while incorporating yoga moves.

## YOGALATES | 50 MINUTES

A combination of Yoga & Pilates to stretch and strengthen your body. The emphasis is on core control in all poses and focus on breathing while in motion. The full body is covered, leaving you feeling toned and flexible.

## ZUMBA | 50 MINUTES

Come start your day with one of the most invigorating cardio workouts on the planet that is so much fun that you may forget that it's a workout. This Zumba class is fun, exciting, and different from your normal routine. Spice up your day with this calorie-burning, body-energizing class with a party-like atmosphere.

## ZUMBA TONING | 50 MINUTES

Zumba Toning takes the original Zumba Fitness class to the next level utilizing muscle training with the addition of toning sticks or free weights. This class adds dynamic applied resistance exercises that will build overall strength, endurance, and stamina. The rhythm of the Zumba Fitness party is still there, with all of its fun and flavor!

# TRAINING

## PERSONAL TRAINING SESSION\*

Whether a beginner or an elite athlete, you can take part in a motivating personal training session with our nationally-certified fitness professionals. Each session includes a personalized workout session and an in-depth assessment of your personal health goals and fitness objectives, utilizing the most current training techniques & exercise equipment.

## PARTNER TRAINING\*

Two train at the same time  
with one personal trainer.



HORSESHOE BAY RESORT.  
TEXAS LAKE & HILL COUNTRY

## CALL 830.598.9210

TO SCHEDULE TRAINING SESSIONS.

\* Cancellation Policy Applies  
24-hour advance notice required.