

# FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Power Stretch & Strength KATHY	Gentle Flow Yoga MIRA	Power Stretch & Strength KATHY	Gentle Flow Yoga MIRA	Gentle Flow Yoga MIRA @ YC	
8:00 AM	Aqua Fitness FREDA @ Bayside Spa	Yoga Golf Mobility DEBORAH	Aqua Fitness FREDA @ Bayside Spa	Yoga Golf Mobility DEBORAH	Aqua Fitness FREDA @ Bayside Spa	
8:15 AM	Strength & Sculpt   RACHEL		Strength & Sculpt   RACHEL		Strength & Sculpt   RACHEL	
8:30 AM						Cardio Step & Sculpt VICKY
9:00 AM		Zumba Toning   GLORIA		Zumba Toning   GLORIA		
9:15AM	Zumba   GLORIA				Zumba   GLORIA	
9:30AM			Gentle Flow Yoga   DEBORAH			Gentle Flow Yoga KEITH
10:00 AM		Cardio Mix   RACHEL				
10:30 AM	Pilates   RACHEL		Yogalates   DEBORAH		Pilates   RACHEL	
5:30 PM	Cardio Kickboxing & Step   VICKY	Step Flex   ALISON	Core Power Yoga   DEBORAH	Step Flex   ALISON		

PRIVATE YOGA AND PILATES CLASSES AVAILABLE. WALK-INS WELCOME. CLASSES HELD AT THE PASEO FITNESS CENTER. \$10 PER CLASS. SCHEDULE AND PRICES SUBJECT TO CHANGE.  
 INCLEMENT WEATHER RE-LOCATION PROCEDURE \*SHOULD THERE BE INCLEMENT WEATHER THE BELOW CLASSES WILL BE MOVED TO THE GIVEN LOCATION  
 ALL AQUA CLASSES WILL BE MOVED TO BAYSIDE SPA POOL. ALL LAKESIDE CLASSES WILL BE MOVED TO PASEO FITNESS CLASS STUDIO

# 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-swimmers welcome!

## 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!"

## 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 flexibility and strength for the total body without building bulk.

## 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.

## CARDIO CIRCUIT - 50 MINUTES

This class is the sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals- from the weekend athlete to the hard core competitors.

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## 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 GOLF MOBILITY - 50 MINUTES

This 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

## CORE POWER YOGA - 50 MINUTES

Relax your mind and re-energize your body in this soulful and athletic practice that fuses flow yoga with intense core work for the ultimate mind body experience. Sun-salutations and warrior poses are woven with sequences of isolated thigh, arm, and ab work. This uplifting class will unleash your inner warrior leaving you strengthened, stretched, and sweaty! Open to all 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. Therapeutic in nature, you will learn techniques to help gain flexibility, while immersing yourself in a relaxing class that moves at a perfectly slower pace allowing ample time to enjoy each pose.

## CARDIO STEP & SCULPT - 50 MINUTES

This is a class high in energy! It features a mix of cardiovascular exercise including step, sculpting and stretching moves to round out a complete workout. Come ready to sweat and have fun!

## 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.

## 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

## CARDIO KICKBOXING & STEP - 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 & tone your core. Perfect for all fitness levels.

# 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 and 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.