

**NOVEMBER 1  
THROUGH  
DECEMBER 31**

# FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15AM	Power Stretch & Strength	Yoga for Happiness & Health	Power Stretch & Strength	Yoga for Happiness & Health		
8:15AM	Aqua Fitness		Aqua Fitness		Aqua Fitness	
8:15AM	Strength & Sculpt	Yoga Golf Mobility	Strength & Sculpt	Yoga Golf Mobility	Strength & Sculpt	Cardio Step & Sculpt
9:15AM	Zumba	Zumba Toning	Gentle Flow Yoga	Zumba Toning	Zumba	Gentle Flow Yoga
10:15AM	Core & Stretch	Cardio Mix	Yogalates	Core & Stretch	Butts & Gutts	
11:15AM	Boot Camp		Butts & Gutts		Boot Camp	
05:30PM		Step Flex	Cardio Kickbox Step & Sculpt	Step Flex		

**FOR MORE DETAILS PLEASE CALL 830.598.9210**

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. REVISED ON 10/30/2017

### **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!

### **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 and tone your core. Perfect for all fitness levels.

### **CORE & STRETCH - 50 MINUTES**

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

### **BUTTS & GUTTS - 45 MINUTES**

This class concentrates mainly on the torso. It is a combination of good old fashion exercises as well as new techniques to strengthen your core. Stretching is performed throughout this class with a post workout stretch at the end.

### **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.

### **CORE & STRETCH -50 MINUTES**

Core & Stretch 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.

### **BOOT CAMP 45 MINUTES**

This class is a full body workout concentrating on muscular strength and endurance. We will be using a variety of tools to workout the major muscle groups as well as the secondary muscles to provide balance. Stations will be set up for rotation and a relaxing stretch will be performed at the end of class.

### **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. 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 emphasizing 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**

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.

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### **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.