

Monday			
Time	Class	Instructor	Location
8:00-8:50 AM	Spin-N-Sculpt	Amy	Group Fitness Studio
8:00-8:50 AM	Water Works	Jody	Pool

Tuesday			
Time	Class	Instructor	Location
9:30-10:15 AM	Ripples	Jody	Pool
5:15-6:05 PM	Circuit	Rita	Group Fitness Studio

Wednesday			
Time	Class	Instructor	Location
8:00-8:50 AM	Yoga	Amy	Group Fitness Studio
8:00-8:50 AM	Water Works	Jody	Pool

Thursday			
Time	Class	Instructor	Location
9:30-10:15 AM	Ripples	Jody	Pool
12:15-1:05 PM	Spin	Tammy	Group Fitness Studio

## UT Health Olympic Center Jacksonville Group Fitness Classes

### Circuit

Increase your strength and aerobic fitness with our circuit training class. This class targets aerobic fitness and muscular endurance simultaneously. Circuit will utilize a wide variety of light resistance equipment, body weight exercises and adjustable step risers.

### Spin

Join us for an exhilarating fat-burning indoor cycling workout. Our instructor guides participants through a variety of workout phases including warm-up, up-tempo cadences, sprints, climbs and cool down. Participants adjust their own intensity on the bike making it appropriate for all fitness levels.

### Spin-N-Sculpt

This versatile workout includes our traditional Spin group cycle class followed by a combination of different aerobic and resistance training exercises designed to target your upper body and core.

### Yoga

Focusing on movement corresponding with breath, this class flows from one pose to the next improving strength, balance, as well as reducing tension within the body. Utilizing modifications of the poses, yoga is appropriate for all fitness levels.

### Ripples

Ripples is a fun, full body workout performed at a slower pace – perfect for the beginner to intermediate level participant who does not know how to swim. The class uses resistance equipment to improve strength and endurance.

### Water Works

Water Works is a complete non-impact workout that combines a variety of exercise techniques for overall body conditioning and toning. Different levels of resistive equipment are used. You do not have to know how to swim to participate.

**Note: Classes and instructors are subject to change.**

**903-541-5520**