

Tuesday			
Time	Class	Instructor	Location
8:00-8:50 AM	Yoga	Lori	Group Fitness Studio
9:10-10:00 AM	Water Works	Amy	Pool
5:15-6:05 PM	Circuit	Rita	Group Fitness Studio

Thursday			
Time	Class	Instructor	Location
8:00-8:50 AM	Yoga	Lori	Group Fitness Studio
9:10-10:00 AM	Water Works	Amy	Pool
5:15-6:05 PM	Spin-N-Sculpt	Rita	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-N-Sculpt

This versatile workout includes a 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 and balance, as well as reducing tension within the body. Utilizing modifications of the poses, yoga is appropriate for all fitness levels.

### 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**