UTHealth East Texas Olympic Center

Lake Palestine Group Fitness Schedule

Monday			
Time	**Class**	**Instructor**	**Location**
8:00 AM	Pilates	Karen	Fitness Center Studio
8:00 AM	Body Renewal	Leslie	Aquatics Center
9:45 AM	Spin N Sculpt	Renee	Fitness Center Studio
10:00 AM	Aqua Sculpt	Leslie	Aquatics Center
11:00 AM	Tai Chi	Tim	Fitness Center Studio

Tuesday			
Time	**Class**	**Instructor**	**Location**
8:30 AM	Deep Water	Leslie	Aquatics Center
9:30 AM	Senior Sneakers	Karen	Fitness Center Studio
10:00 AM	Senior Splash	Leslie	Aquatics Center
11:00 AM	Yoga	Melinda	Fitness Center Studio

Wednesday			
Time	**Class**	**Instructor**	**Location**
8:00 AM	Pilates	Renee	Fitness Center Studio
8:00 AM	Body Renewal	Leslie	Aquatics Center
9:45 AM	Spin N Sculpt	Renee	Fitness Center Studio
10:00 AM	Aqua Sculpt	Leslie	Aquatics Center
11:00 AM	Tai Chi	Tim	Fitness Center Studio

Thursday			
Time	**Class**	**Instructor**	**Location**
8:30 AM	Deep Water	Leslie	Aquatics Center
9:30 AM	Senior Sneakers	Karen	Fitness Center Studio
10:00 AM	Senior Splash	Leslie	Aquatics Center
11:00 AM	Yoga	Melinda	Fitness Center Studio

Friday			
Time	**Class**	**Instructor**	**Location**
8:00 AM	Body Renewal	Leslie	Aquatics Center
8:00 AM	Pilates	Renee	Fitness Center Studio
10:00 AM	Aqua Sculpt	Leslie	Aquatics Center

Note: Classes and instructors are subject to change.

Pilates - Pilates is an exercise program which improves muscle strength, control, flexibility and coordination through fluid body movements that utilize the spine and deep muscle groups.

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

Senior Sneakers - Designed for our older clientele, this fun and exciting exercise class is specifically designed to improve cardiovascular fitness, balance, and flexibility and strength.

Tai Chi- This time-tested fitness program combines smooth and circular body movements with mental relaxation and focus. Tai Chi is a slow-paced, low-impact exercise that builds strength, increases flexibility and enhances balance.

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.

Body Renewal- Body Renewal is a fun, full body water workout performed at a slower pace perfect for the beginner to intermediate level participant. This class uses resistance equipment to improve strength and endurance. With a focus on core, balance and stretching to end the class.

Aqua Sculpt- Aqua Sculpt is a complete non-impact workout for the intermediate to advanced student. The class combines a variety of exercise techniques such as; high intensity training with use of resistance equipment.

Deep Water- Deep Water is a high intensity total body workout for the more advanced participant. Performed mostly in the deep end with belts, and barbells for advanced resistance training.

Senior Splash- This low-intensity water exercise program is specifically designed for our senior members. This program includes exercises that improve joint mobility and relieve pain and stiffness for those with arthritis and other bone and joint issues.

Pool Activities

Open Swim

During open swim, both lap swimming and individual exercise are allowed. Please be respectful of other users to allow for efficient use of the pool.

Classes

During classes the pool is prioritized for group instruction under the guidance of an instructor. Individual exercise may be limited during these times based on the number of participants in the class. Members should follow the direction of the instructor.

Therapy

During therapy time the pool is open for general pool usage, excluding lap swimming. Therapy sessions may be conducted at 11:00am and 2:00pm. If you engage in individual exercise when therapy is being conducted please do not interfere with therapy sessions.

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