

| Monday | | | |
|----------------|---------------|------------|-----------------------|
| Time | Class | Instructor | Location |
| 9:00-9:50 AM | Sculpt N Burn | Kammy | Fitness Center Studio |
| 10:00-10:50 AM | Senior Fit | Kammy | Fitness Center Studio |

| Tuesday | | | |
|----------------|-------------|------------|-----------------------|
| Time | Class | Instructor | Location |
| 9:00-9:50 AM | Cardioblast | Kammy | Fitness Center Studio |
| 10:00-10:50 AM | Senior Fit | Kammy | Fitness Center Studio |

| Wednesday | | | |
|--------------|---------------|------------|-----------------------|
| Time | Class | Instructor | Location |
| 9:00-9:50 AM | Sculpt N Burn | Kammy | Fitness Center Studio |

| Thursday | | | |
|----------------|-------------|------------|-----------------------|
| Time | Class | Instructor | Location |
| 9:00-9:50 AM | Cardioblast | Kammy | Fitness Center Studio |
| 10:00-10:50 AM | Senior Fit | Kammy | Fitness Center Studio |

| Friday | | | |
|----------------|-------------|------------|-----------------------|
| Time | Class | Instructor | Location |
| 9:00-9:50 AM | Cardioblast | Kammy | Fitness Center Studio |
| 10:00-10:50 AM | Senior Fit | Kammy | Fitness Center Studio |

Note: Classes and instructors are subject to change.

903-946-5455

UT Health Olympic Center Pittsburg

Group Fitness Classes

Cardioblast

Anything cardio goes! A class designed to challenge the aerobically fit by offering a variety of formats including step aerobics, BOSU, floor aerobics, kickboxing and interval training. The class also includes core strengthening and stretching.

Senior Fit

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

Sculpt N Burn

A class utilizing a variety of equipment to create a full body workout. Every major muscle group is incorporated to insure a balanced and effective strength training workout. This workout concludes with a group of stretches to maintain and improve flexibility.

