

Monday			
Time	Class	Instructor	Location
9:00-9:50 AM	Sculpt N Burn	Kammy	Fitness Center Studio
5:30-6:20 PM	Yoga	Susan	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
5:30-6:20 PM	Pilates	Susan	Fitness Center Studio

Wednesday			
Time	Class	Instructor	Location
9:00-9:50 AM	Sculpt N Burn	Kammy	Fitness Center Studio
5:30-6:20 PM	Yoga	Susan	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.

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.

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.

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.

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.