

Monday			
Time	Class	Instructor	Location
9:00-9:50 AM	Sculpt N Burn	Kammy	Fitness Center Studio
5:30-6:20 PM	Power Waves	Vicki	Aquatics Center

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	Sculpt N Burn	Kammy	Fitness Center Studio
5:30-6:20 PM	Power Waves	Vicki	Aquatics Center

Wednesday			
Time	Class	Instructor	Location
9:00-9:50 AM	Sculpt N Burn	Kammy	Fitness Center Studio
5:30-6:20 PM	Power Waves	Vicki	Aquatics Center

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
5:30-6:20 PM	Sculpt N Burn	Kammy	Fitness Center Studio
5:30-6:20 PM	Power Waves	Vicki	Aquatics Center

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

20-20-20

A class designed to meet all your fitness needs with 20 minutes of aerobic exercise to improve cardiovascular fitness, 20 minutes of muscle conditioning to increase strength and endurance and 20 minutes of stretching to improve balance and flexibility. Great for all fitness levels.

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.

Power Waves

Power Waves is a high-level water aerobics program for the more advanced student. The program combines shallow and deep water exercise activities along with resistance equipment.

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.

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.