

| Monday | | | |
|--------------|-------------|------------|----------------------|
| Time | Class | Instructor | Location |
| 8:00-8:50 AM | Water Works | Jody | Pool |
| 5:30-6:20 PM | Zumba | Brittany | Group Fitness Studio |

| Tuesday | | | |
|---------------|---------|------------|----------------------|
| Time | Class | Instructor | Location |
| 8:00-8:50 AM | Yoga | Lori | Group Fitness Studio |
| 9:30-10:15 AM | Ripples | Jody | Pool |
| 5:15-6:05 PM | Circuit | Rita | Group Fitness Studio |

| Wednesday | | | |
|--------------|-------------|------------|----------|
| Time | Class | Instructor | Location |
| 8:00-8:50 AM | Water Works | Jody | Pool |

| Thursday | | | |
|---------------|---------------|------------|----------------------|
| Time | Class | Instructor | Location |
| 8:00-8:50 AM | Yoga | Lori | Group Fitness Studio |
| 9:30-10:15 AM | Ripples | Jody | Pool |
| 5:15-6:05 PM | Spin-N-Sculpt | Rita | Group Fitness Studio |

| Friday | | | |
|--------------|-------------|------------|----------|
| Time | Class | Instructor | Location |
| 8:00-8:50 AM | Water Works | Jody | Pool |

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 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.

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.

Zumba

A group fitness class that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic, fun workout.

Ripples

Ripples is a fun, full body workout performed at a slower pace – perfect for the beginner to intermediate level participant who does not know how to swim. The class uses resistance equipment to improve strength and endurance.

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