

## 2<sup>nd</sup> Floor Group Fitness Schedule

<b>Monday</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
10-10:45 a.m.	Senior Sneakers	Karen	Fitness Center Studio
12:15-12:45 p.m.	Quick Spin	Gina	Fitness Center Studio
5:30-6:20 p.m.	HIIT Fit	Ryann	Fitness Center Studio

<b>Tuesday</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
9:30-10 a.m.	Body Balance	Stephanie	Fitness Center Studio
12:15-12:45 p.m.	Core Essentials	Gina	Fitness Center Studio
5:45-6:30 p.m.	3-2-1	Kaye	Fitness Center Studio

<b>Wednesday</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
10-10:45 a.m.	Senior Sneakers	Karen	Fitness Center Studio
12:15-12:45 p.m.	Quick Spin	Gina	Fitness Center Studio
5:30-6:20 p.m.	HIIT Fit	Ryann	Fitness Center Studio

<b>Thursday</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
9:30-10 a.m.	Body Balance	Stephanie	Fitness Center Studio
12:15-12:45 p.m.	Core Essentials	Gina	Fitness Center Studio
5:45-6:30 p.m.	3-2-1	Kaye	Fitness Center Studio

<b>Friday</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
10-10:45 a.m.	Senior Sneakers	Karen	Fitness Center Studio

**903-596-3233**

# UT Health Olympic Center Tyler Group Fitness Classes

## Body Balance

This functional fitness class is designed to improve stability and prevent falls through strength training, posture improvement and balance exercises in order to maintain independence with your active lifestyle.

## Core Essentials

This class is designed to strengthen and define your core abdominal and back muscles. Core Essentials will utilize a wide variety of core equipment such as stability balls, Bosu balls, body bars and medicine balls. Whether you want to flatten that stomach or alleviate back pain, the UTHET Olympic Center welcomes you to join us in Core Essentials.

## H.I.I.T. Fit

Get HIIT Fit with this high energy, calorie-burning workout. This class utilizes timed cardio intervals blended with a pyramid strength workout ensuring participants maintain an elevated heart rate to maximize calorie expenditure.

## Quick Spin

Make the most of your lunch break with this quick fat-burning indoor cycling workout. This 30-minute class gives you just enough time to get a great workout in before getting back to the grind.

## Senior Sneakers

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

## 3-2-1

Challenge yourself to a mix of 30 minutes of cardio, 20 minutes of strength and 10 minutes of stretching to get a quick full body workout.

**Note: Classes and instructors are subject to change.**

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