

## Group Fitness Schedule

Monday			
Time	Class	Instructor	Location
9-9:45 a.m.	Tai Chi	Tim	Fitness Studio
10-10:45 a.m.	Senior Sneakers	Karen	Fitness Studio
11-11:50 a.m.	Gentle Yoga	Ryann	Fitness Studio
12:15-12:45 p.m.	Quick Spin	Gina	Fitness Studio
2-2:30 p.m.	Body Balance	Stephanie	Fitness Studio
4:30-5:20 p.m.	Pilates	Laura	Fitness Studio
5:30-6:20 p.m.	HIIT Fit	Ryann	Fitness Studio

Tuesday			
Time	Class	Instructor	Location
9:30-10 a.m.	Body Balance	Stephanie	Fitness Studio
10:30-11:20 a.m.	Chair Yoga	Ryann	Fitness Studio
12:15-12:45 p.m.	Core Essentials	Gina	Fitness Studio
4:30-5:20 p.m.	Yoga	Ryann	Fitness Studio
5:30-6:20 p.m.	MC <sup>2</sup>	Kaye	Fitness Studio

Wednesday			
Time	Class	Instructor	Location
9-9:45 a.m.	Tai Chi	Tim	Fitness Studio
10-10:45 a.m.	Senior Sneakers	Karen	Fitness Studio
11-11:50 a.m.	Power Yoga	Ryann	Fitness Studio
12:15-12:45 p.m.	Quick Spin	Gina	Fitness Studio
4:30-5:20 p.m.	Pilates	Laura	Fitness Studio
5:30-6:20 p.m.	HIIT Fit	Ryann	Fitness Studio

Thursday			
Time	Class	Instructor	Location
9:30-10 a.m.	Body Balance	Stephanie	Fitness Studio
10:30-11:20 a.m.	Chair Yoga	Ryann	Fitness Studio
12:15-12:45 p.m.	Core Essentials	Gina	Fitness Studio
4:30-5:20 p.m.	Yoga	Ryann	Fitness Studio
5:30-6:20 p.m.	MC <sup>2</sup>	Kaye	Fitness Studio

Friday			
Time	Class	Instructor	Location
10-10:45 a.m.	Senior Sneakers	Karen	Fitness Studio

# 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.

## MC<sup>2</sup> = Muscles x Cardio<sup>2</sup>

Join this fast-paced, fun-filled circuit class for a total body workout suitable for all ability levels. This class involves rotating through a variety of exercises targeting different areas of the body. Circuit training builds strength, muscle endurance, improves heart health, and can aid weight loss. MC<sup>2</sup> is 2x the fun!

## Tai Chi

This time-tested fitness program combines smooth and circular body movements with mental relaxation and focus. Tai Chi is a slow-paced, low impact exercised that builds strength, increases flexibility and enhances balance.

## 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.

## Chair Yoga

Improve posture, joint stability and balance while minimizing pain and stiffness with this gentle form of yoga. Participants will be able to practice yoga poses and stretches while seated in a chair or using the chair for support.

## Power Yoga

Designed to create physical and mental strength, Power Yoga takes participants through a sequence of flowing postures challenging their physical limits and improving strength and flexibility.

## Gentle Yoga

Gentle yoga is a slower practice of yoga that allows participants to move at a comfortable pace and creates less strain on muscles and joints. This class is for anyone and is especially great for those with injuries, pain, mobility issues or other health concerns.

## Pilates

Pilates is an exercise program that improves muscle strength, control, flexibility and coordination through fluid body movements that utilize the spine and deep muscle groups.

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