

Monday			
Time	Class	Instructor	Location
8-8:50 AM	Cardioblast	Kammy	Fitness Center Studio
9-9:50 AM	Yoga	Vicki	Fitness Center Studio
5:30-6:20 PM	20-20-20	Vicki	Fitness Center Studio

Tuesday			
Time	Class	Instructor	Location
9-9:50 AM	CardioSculpt	Kammy	Fitness Center Studio
10-10:50 AM	Prime Timers	Kammy	Fitness Center Studio
5:30-6:20 PM	Sculpt N Burn	Kammy	Fitness Center Studio

Wednesday			
Time	Class	Instructor	Location
8-8:50 AM	Cardioblast	Kammy	Fitness Center Studio
9-9:50 AM	Pilates	Kammy	Fitness Center Studio

Thursday			
Time	Class	Instructor	Location
9-9:50 AM	CardioSculpt	Kammy	Fitness Center Studio
10-10:50 AM	Prime Timers	Kammy	Fitness Center Studio
5:30-6:20 PM	Cardioblast	Vicki	Fitness Center Studio

Friday			
Time	Class	Instructor	Location
9-9:50 AM	Sculpt N Burn	Kammy	Fitness Center Studio
10-10:50 AM	Prime Timers	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.

CardioSculpt

A versatile workout which offers a combination of different aerobic and resistance training techniques, this class will challenge students of every fitness level.

Prime Timers

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.

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 control

Yoga

Focusing on movement corresponding with breath, participants perform a series of poses to improve strength and balance, as well as reduce stress and tension within the body. Using modified poses, yoga is appropriate for all fitness levels.