

Studio Schedule

Monday			
Time	Class	Instructor	Location
9-9:45 a.m.	Tai Chi	Tim	Health Enhancement Studio
11:00-11:50 p.m.	Gentle Yoga	Ryann	Health Enhancement Studio
5:30-6:20 p.m.	Mat Pilates	Laura	Health Enhancement Studio

Tuesday			
Time	Class	Instructor	Location
10:30-11:20 a.m.	Chair Yoga	Ryann	Health Enhancement Studio
5:30-6:20 p.m.	Yoga	Julie	Health Enhancement Studio

Wednesday			
Time	Class	Instructor	Location
9-9:45 a.m.	Tai Chi	Tim	Health Enhancement Studio
12-12:50 p.m.	Power Yoga	Ryann	Health Enhancement Studio
5:30-6:20 p.m.	Mat Pilates	Laura	Health Enhancement Studio

Thursday			
Time	Class	Instructor	Location
10:30-11:20 a.m.	Chair Yoga	Ryann	Health Enhancement Studio
5:30-6:20 p.m.	Yoga	Ryann	Health Enhancement Studio

Saturday			
Time	Class	Instructor	Location
11-11:50 a.m.	Power Yoga	Julie	Health Enhancement Studio

903-596-3233

UT Health Olympic Center Tyler Group Fitness Classes

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.

Mat 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.

903-596-3233