

Group Fitness Schedule

Monday			
Time	Class	Instructor	Location
5:30-6:20 a.m.	Morning Mix	Shanda	Fitness Center Studio
9:30-10:20 a.m.	Senior Sneakers	Karen	Fitness Center Studio
10:45-11:15 a.m.	Tai Chi	Brandon	Fitness Center Studio
12:15-12:45 p.m.	Quick Spin	Gina	Fitness Center Studio
4:15-5:05 p.m.	Yoga	Chris	Health Enhancement Studio
5-5:30 p.m.	Core Essentials	Tara	Fitness Center Studio
5:30-6:20 PM	Mat Pilates	Laura	Health Enhancement Studio
	H.I.I.T. Fit	Mika/Andrea	Fitness Center Studio

Tuesday			
Time	Class	Instructor	Location
5:30-6:20 a.m.	Yoga	Shanda	Fitness Center Studio
6:30-7:20 a.m.	Tai Chi	Brandon	Health Enhancement Studio
8:30-9:20 a.m.	Gentle Yoga	Chris	Health Enhancement Studio
9:30-10 a.m.	Body Balance	Hali	Fitness Center Studio
11-11:50 a.m.	Chair Yoga	Chris	Health Enhancement Studio
12:15-12:45 p.m.	Core Essentials	Gina	Fitness Center Studio
4:30-5:20 p.m.	Zumba	Kitty	Fitness Center Studio
5:30-6:20 p.m.	Yoga	Alex	Health Enhancement Studio
	Olympic Spin	Kat	Fitness Center Studio

Wednesday			
Time	Class	Instructor	Location
5:30-6:20 a.m.	Morning Mix	Lisa	Fitness Center Studio
9:30-10:20 a.m.	Senior Sneakers	Karen	Fitness Center Studio
10:45-11:15 a.m.	Tai Chi	Brandon	Fitness Center Studio
12:15-12:45 p.m.	Quick Spin	Gina	Fitness Center Studio
4:15-5:05 p.m.	Yoga	Chris	Health Enhancement Studio
5-5:30 p.m.	Core Essentials	Tara	Fitness Center Studio
5:30-6:20 p.m.	Mat Pilates	Laura	Health Enhancement Studio
	Body Shock	Chase	Fitness Center Studio

Thursday			
Time	Class	Instructor	Location
5:30-6:20 a.m.	Yoga	Shanda	Fitness Center Studio
6:30-7:20 a.m.	Tai Chi	Brandon	Health Enhancement Studio
8:30-9:20 a.m.	Gentle Yoga	Chris	Health Enhancement Studio
9:30-10 a.m.	Body Balance	Hali	Fitness Center Studio
12:15-12:45 p.m.	Core Essentials	Gina	Fitness Center Studio
4:30-5:20 p.m.	Zumba	Kitty	Fitness Center Studio
5:30-6:20 p.m.	Yoga	Alex	Health Enhancement Studio
	Dynamic Recovery	Chase	Fitness Center Studio

Friday			
Time	Class	Instructor	Location
5:30-6:20 a.m.	Spin-N-Sculpt	Lisa	Fitness Center Studio
9:30-10:20 a.m.	Senior Sneakers	Varies	Fitness Center Studio
10:45-11:35 a.m.	Chair Yoga	Chris	Health Enhancement Studio
12:15-12:45 p.m.	Quick Spin	Gina	Fitness Center Studio

Saturday			
Time	Class	Instructor	Location
9-9:50 a.m.	Olympic Spin	Kat	Fitness Center Studio
10-10:50 a.m.	Power Yoga	Alex/Vanessa	Health Enhancement 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.

Body Shock

Expect the unexpected in this challenging class designed to test your fitness limits. Class begins with a demanding full-body circuit followed by a physical group challenge using teamwork and synergy.

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.

Dynamic Recovery

Designed to help your body actively recover from previous workouts, this class begins with a dynamic warm-up and light cardiovascular workout. The class then finishes with deep stretching and foam rolling to help relieve sore muscles.

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.

Morning Mix

A dynamic and high-energy workout, Morning Mix offers the intermediate to advanced student a combination of floor aerobics (Hi-Low), step aerobics and weight training intervals. This class concludes with a series of stretches.

Olympic Spin

This popular class utilizes a stationary cycle in a group fitness format. Our instructors guide participants through a variety of workout phases including warm-up, up-tempo cadences, sprints, climbs and cool down. Participants adjust their own intensity on the bike making it appropriate for all fitness levels.

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 groups.

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.

Qigong

Pronounced “che-gung”, Qigong is an ancient Chinese exercise that integrates physical postures, breathing techniques, and mental focus. The slow gentle movements are great for reducing stress, building stamina, increasing muscle tone, and improving flexibility and balance.

Senior Sneakers

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

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.

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 exercise 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.

Gentle Yoga

Reverse the biological clock through the original Mind/Body practice of Hatha Yoga. This class is a gentle practice geared towards the mature practitioner and those with specific limitations. Participants will learn the ancient art and science of yoga and begin to feel better, sleep better and increase their energy 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.

Zumba

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