

Group Fitness Schedule

| Monday | | | |
|------------------|-----------------|------------|---------------------------|
| Time | Class | Instructor | Location |
| 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 | Jean | 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/Ryann | 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 | Ryann | Health Enhancement Studio |
| 9:30-10 a.m. | Body Balance | Hali | Fitness Center Studio |
| 10:30-11:20 a.m. | Chair Yoga | Amanda | 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 | Jordan | 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 | Jean | Health Enhancement Studio |
| 5-5:30 p.m. | Core Essentials | Chase | 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 | Amanda | 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 | Jordan | 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 | Mika | Fitness Center Studio |
| 10:45-11:35 a.m. | Chair Yoga | Ryann | 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 | Varies | 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.

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.