

# 2022 Group Fitness

Times	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	Studio A Cycling Studio	<b>Les Mills THE TRIP</b>	<b>Core &amp; More (Jill)</b> <b>Les Mills THE TRIP</b>	<b>Les Mills THE TRIP</b>	<b>BODYPUMP (Karina)</b> <b>Les Mills THE TRIP</b>	<b>Les Mills THE TRIP</b>	
6:30 a.m.	Cycling Studio	<b>Les Mills THE TRIP</b>	<b>Les Mills THE TRIP</b>	<b>Les Mills THE TRIP</b>	<b>Les Mills THE TRIP</b>	<b>Les Mills THE TRIP</b>	
8:00 a.m.	Studio A		<b>Gentle Yoga (Jill)</b>		<b>Gentle Yoga (Jill)</b>		
9:00 a.m.	Studio A Cycling Studio	<b>Cardio Dance (Olivia)</b> <b>Les Mills THE TRIP</b>	<b>Yoga (Nicole)</b> <b>Les Mills THE TRIP</b>	<b>Cardio Dance (Olivia)</b> <b>Les Mills THE TRIP</b>	<b>Yoga (Veronica)</b> <b>Les Mills THE TRIP</b>	<b>Zumba® (Karina)</b> <b>Les Mills THE TRIP</b>	<b>BODY PUMP (TBA)</b> <b>Les Mills THE TRIP</b>
10:30 a.m.	Studio A	<b>Muscle Magic (Olivia)</b>	<b>Gentle Yoga (Nicole)</b>	<b>Muscle Magic (Karina)</b>	<b>Gentle Yoga (Veronica)</b>	<b>Muscle Magic (Olivia)</b>	<b>Zumba® (TBA)</b>
11:30 a.m.	Studio A	<b>Tai Chi (Barry)</b>		<b>Tai Chi (Barry)</b>			
4:30 p.m.	Studio A Cycling Studio	<b>Yoga (Veronica)</b> <b>Les Mills THE TRIP</b>	<b>BODYPUMP (Lucas)</b> <b>Les Mills THE TRIP</b>	<b>Total Body Barre (Veronica)</b> <b>Les Mills THE TRIP</b>	<b>Yoga (Laurina)</b> <b>Les Mills THE TRIP</b>	<b>Les Mills THE TRIP</b>	
5:30 p.m.	Studio A Cycling Studio	<b>BODYPUMP (Melissa)</b> <b>Les Mills THE TRIP</b>	<b>RIPPED (Melissa)</b> <b>Les Mills THE TRIP</b>	<b>Zumba® (Veronica)</b> <b>Les Mills THE TRIP</b>	<b>RIPPED (Melissa)</b> <b>Les Mills THE TRIP</b>	<b>Les Mills THE TRIP</b>	
6:30 p.m.	Studio A	<b>Zumba® (Veronica)</b>					

Classes, class times, and instructors are subject to change.  
For the most recent schedules please call 830-401-7676  
Check us out online at [www.grwellnesscenter.com](http://www.grwellnesscenter.com)



## Hours of Operation

Monday- Thursday 5:00 AM – 9:00 PM

Friday 5:00 AM – 8:00 PM

Saturday 8:00 AM – 3:00 PM

Sunday 1:00 PM – 5:00 PM

### OUR CERTIFIED INSTRUCTORS:

Nicole Bruton	Jill Heard
Veronica Carter	Johnathan Brown
Lucas Elsik	Debbie Roberts
Olivia Gann	Lilian Usher
Melissa Castillo	Barry Jackson
Karina Lopez	Laurina Samsel

#### Les Mills Body Pump 45-60 min.

This class is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

#### Cardio Dance 45-60 min.

Get a great calorie burning, high energy cardiovascular workout and build your coordination/balance by dancing new moves to fun, contemporary music. This class consists of low to moderate impact dance-aerobics moves that utilize both sides of the body. You will get your heart pumping, build your endurance and confidence and have a blast doing it!

#### Gentle Yoga 45-55 min.

Designed for the active mature adult, this class is an introduction to a variety of basic yoga poses. You will learn to coordinate your breath along with your body's movement, as well as become familiar with the importance of body alignment. This class will increase your flexibility, enhance your balance and create overall body strength and stability. *\*Performed with a chair\**

#### Muscle Magic 45-55 min.

This class is designed for the mature adult or the participant that is on the road to reclaiming their fitness. Performed in a chair, this workout utilizes full range of motion exercises for joint health and balance. Low pound free weights, resistance bands, and balls are used to build muscular strength and coordination.

#### Les Mills The Trip 40-45 min.

THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, this IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level, burning serious calories.

Tai Chi 45-60 min. Each session will begin with centering activities, fostering attention and focus, a calm observant state of mind, awareness of posture, breathing, and physical relaxation. You will learn a series of exercises (Basic Moves also known as Tai Chi Fundamentals) that train postural alignment, body mechanics and the energetic components of Tai Chi. These will eventually progress to a flowing sequence of Tai Chi movements based on Yang Style Tai Chi.

#### R.I.P.P.E.D. 45-60 min.

(Resistance, Intervals, Power, Plyometrics, Endurance, Diet) sessions will consist of a variety of high intensity, total body workouts utilizing free weights, as well as resistance and body weight exercises.

#### Core & More - 45-60 min

This workout is designed to strengthen your core and also work the entire body. This class will vary from standing up to mat exercise on the floor. This class will incorporate aspects of barre, step aerobics and strength training. This workout will incorporate the use of chairs, steps, weights, bands, and body weight exercises.

*\*Please bring a mat\**

#### Total Body Barre 45-60 min.

An exercise program designed to lengthen muscles while strengthening them. This Ballet influenced class uses mindful exercises to condition the entire body. *\*Please bring a mat\**

#### Yoga 45-60 min.

This class combines fitness moves such as pushups, sit ups and squats with traditional yoga poses and links them together in a flowing format. With regular yoga practice, you will increase your flexibility, stability, balance and breathing control. *\*Please bring a mat\**

#### Zumba 45-60 min

Are you ready to party yourself into shape? Forget the workout, just lose yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high energy Latin and international music. Zumba moves are easy to do, effective at burning calories and totally exhilarating.