



# Class Schedule

Effective March 1, 2023



\*All classes are subject to change depending on interest and availability.\*  
Call 940-687-4991 to schedule an appointment

## Land

## Water

| Class                                                                         | M              | T            | W              | Th           | F              |
|-------------------------------------------------------------------------------|----------------|--------------|----------------|--------------|----------------|
| Gentle Yoga<br>(DOES NOT MEET 1/9-1/20)                                       |                | 8-8:45am     |                | 8-8:45am     |                |
| BASIC Yoga<br>(DOES NOT MEET 1/9-1/20)                                        |                |              | 12-12:30 pm    |              |                |
| <u>FITNESS ON DEMAND</u><br>10 Min Yoga Stretch                               | 10:40-10:50 am |              | 10:40-10:50 am |              | 10:40-10:50 am |
| Strong & Stable                                                               | 11-11:45 am    |              | 11-11:45 am    |              | 11-11:45 am    |
| Tai Chi<br>(Academics Room)                                                   |                |              |                |              | 12-12:45 pm    |
| <u>FITNESS ON DEMAND</u><br>Beginner Burn (19 min)<br>Dynamic Stretch (12min) | 5:30-6:01 pm   |              | 5:30-6:01 pm   |              |                |
| <u>FITNESS ON DEMAND</u><br>Beginner Shred (27min)<br>8 Minute Stretch        |                | 5:30-6:05 pm |                | 5:30-6:05 pm |                |
| <u>FITNESS ON DEMAND</u><br>Stretch/Tabata Remix<br>(30min)                   |                | 11:05-11:35  |                | 11:05-11:35  |                |

| Class              | M                          | T                      | W           | Th                         | F           | S |
|--------------------|----------------------------|------------------------|-------------|----------------------------|-------------|---|
| Warm Water Wonders | 12-12:45 pm<br>5:30-6:15pm | 5:30-6:15pm            | 12-12:45 pm | 12-12:45 pm<br>5:30-6:15pm | 12-12:45 pm |   |
| Aqua Energy        | 7-7:45 am                  | 7-7:45 am<br>9-9:45 am | 7-7:45 am   | 7-7:45 am<br>9-9:45 am     |             |   |

### Updated Therapy Pool Hours for Wellness Members

|           |                 |                  |               |
|-----------|-----------------|------------------|---------------|
| Monday    | 5:30am - 8:00am | 12:00pm-7:00pm   |               |
| Tuesday   | 5:30am - 8:00am | 12:00pm-7:00pm   |               |
| Wednesday | 5:30am - 8:00am | 12:00pm-7:00pm   |               |
| Thursday  | 5:30am - 8:00am | 12:00pm-7:00pm   |               |
| Friday    | 5:30am - 8:00am | 12:00pm - 1:00pm | 5:00pm-7:00pm |
| Saturday  | 7:00am-1:00pm   |                  |               |



\*PLEASE BE MINDFUL OF THERAPY AND KEEP NOISE TO A MINIMUM\*