



# Class Schedule

Effective May 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		8-8:45am		8-8:45am	
BASIC Yoga			12-12:30 pm		
<b>FITNESS ON DEMAND</b> 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 (Academics Room)					12-12:45 pm
<b>FITNESS ON DEMAND</b> Beginner Burn (19 min) Dynamic Stretch (12min)	5:30-6:01 pm		5:30-6:01 pm		
<b>FITNESS ON DEMAND</b> Beginner Shred (27min) 8 Minute Stretch		5:30-6:05 pm		5:30-6:05 pm	
<b>FITNESS ON DEMAND</b> Stretch/Tabata Remix (30min)		11:05-11:35		11:05-11:35	

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

