



TEXAS HEALTH & RACQUET CLUB- GROUP FITNESS 2012

BODY COMBAT

Sweat it out as you kick, punch and box away the pounds. This class provides challenging combos and anaerobic drills that will raise your heart rate while toning your muscles.

POWER PUMP

Train your body for a lifetime of strength & stability using a variety of techniques and equipment. This highly efficient full body workout is just what you need to define and strengthen your muscles.

CYCLING

Enjoy a challenging workout that improves cardio & stamina while burning calories! Go through a variety of terrains, intensities & movements to take your fitness to the next level!

ZUMBA

Ditch the workout, join the party! Get out of your exercise rut with exercises like salsa, meringue, rumba, and other fun dance moves. Get ready to ZUMBA!

VINYASA YOGA

This class will take you through sun salutations, standing poses, balancing postures, core strengthening and more. Relax the mind and leave with a stronger more centered you!

*Please bring your own personal yoga mat.

PILATES

Enjoy a great body conditioning routine that helps build flexibility and long, lean muscles all while increasing strength and endurance. Tone and strengthen your muscles while relieving some stress!

CORE ESSENTIALS

Get the best of both worlds. Yoga moves incorporated with stamina building strength techniques will leave you strong and ready for your day!

INTERVAL TRAINING

Push past comfortable for a workout that will leave you breathless! High intensity cardio drills and strength exercises in this class is the fastest way to see results. Don't miss out!

SILVER SNEAKERS

Muscular strength & ROM- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skill.

ABS & BACK

This class will provide challenging work for both the abdominals & lower back. Leave with a strong and powerful core!

POWER FIT

Join in this sports inspired class of explosive fun! Ladder drills, plyometric work, and explosive movements are just the beginning!

CARDIO FUSION

This workout will incorporate athletic step combos mixed with both high and low impact cardio drills. Cardio junkies, this is the class for you!

HATHA YOGA

The Hatha form of Yoga is taught at a beginner to intermediate level. This class is a gentle way to end your day.

*Please bring your own personal yoga mat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
5:15 - 6:15a Cycling	5:15 - 6:15a Power Pump	5:15 - 6:15a Cycling	5:15 - 6:15a Power Pump	5:15-6:15a Body Combat	
8:00 - 8:45a Cycling	8:00 - 8:45a Cycling	8:00 - 8:45a Cycling		8:00 - 8:45a Cycling	
8:45 - 9:30a Power Pump	8:00 - 9:00a Zumba	8:45 - 9:30a Power Pump	8:00 - 9:00a Zumba	8:45 - 9:30a Power Pump	
	9:00 - 10:00a Vinyasa Yoga		9:00 - 10:00a Pilates	8:45 - 9:30a Core Essentials	9:00 - 10:00a Interval Training
9:30 - 10:30a Body Combat	9:00 - 10:00a Cycling	9:30 - 10:30a Body Combat	9:00 - 10:00a Cycling	9:00a - 10:00a Interval Training	9:15 - 10:00a Cycling
9:30 - 10:30a Silver Sneakers	10:00 - 10:20a Abs & Back	9:30 - 10:30a Silver Sneakers	10:00 - 10:20a Abs & Back	10:00 - 11:00a Vinyasa Yoga	10:00 - 11:00a Zumba
EVENING CLASSES					
4:30 - 5:00p Power Fit	4:30 - 5:30p Body Combat	4:30 - 5:00p Power Fit	4:30 - 5:30p Zumba	4:30 - 5:00p Power Fit	
5:00 - 5:20p Abs & Back		5:00 - 5:20p Abs & Back		5:00 - 5:20p Abs & Back	
5:30 - 6:15p Cycling	5:30 - 6:15p Cycling	5:30 - 6:15p Cycling	5:30 - 6:15p Cycling		
5:30 - 6:30p Body Combat	5:30 - 6:30p Zumba	5:30 - 6:30p Cardio Fusion	5:30 - 6:30p Interval Training	5:30 - 6:30p Zumba	
6:30 - 7:30p Power Pump	6:30 - 7:30p Hatha Yoga	6:30 - 7:30p Power Pump	6:30 - 7:30p Body Combat		
7:30 - 8:30p Zumba	7:30 - 8:30p Zumba	7:30 - 8:30p Zumba			

***Ask us about boot camp, cross fit and personal training!**

www.mythrc.com

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