

## Group Fitness Schedule

### Monday

Time	Class	Instructor	Location
8:30 AM	Body Strength	Courtney	Fitness Center Studio
10:00 AM	Prime Timers	Brittney	Fitness Center Studio
11:00 AM	Basic Yoga	Courtney	Fitness Center Studio

### Tuesday

Time	Class	Instructor	Location
8:00 AM	Body Sculpt: Core	Brittney	Fitness Center Studio
9:00 AM	Intermediate/Advanced Yoga	Courtney	Fitness Center Studio
10:00 AM	Basic Line Dance	Emily	Fitness Center Studio

### Wednesday

Time	Class	Instructor	Location
8:30 AM	Body Sculpt	Brittney	Fitness Center Studio
10:00 AM	Mobility & Flexibility Stretch	Brittney	Fitness Center Studio
11:00 AM	Basic Yoga	Courtney	Fitness Center Studio

### Thursday

Time	Class	Instructor	Location
8:00 AM	Advanced Line Dance	Emily	Fitness Center Studio
9:00 AM	Intermediate/Advanced Yoga	Courtney	Fitness Center Studio
10:30 AM	Mobility& Flexibility Stretch	Brittney	Fitness Center Studio

### Friday

Time	Class	Instructor	Location
8:30 AM	Body Sculpt	Carissa	Fitness Center Studio
10:00 AM	Prime Timers	Brittney	Fitness Center Studio

**Note: Classes and instructors are subject to change.**

**903-713-1552**

# UT Health Olympic Center Cedar Creek Lake Group Fitness Classes

## **Body Strength**

This class uses body bars and hand weights to increase muscular endurance. By using less weight and more repetitions than in the weight room, this training can be adapted for anyone. There is a major focus on correct form and executing exercises safely. All fitness levels are welcome.

## **Prime Timers**

Designed for our 55+ audience, this gentle-to-medium class combines lower intensity cardiovascular exercise followed by muscle toning, flexibility and balance segments. All fitness levels are welcome.

## **Basic Yoga**

This class introduces students to basic principles of yoga to strengthen your mind and body. This one hour class emphasizes simple and gentle movement, plus a variety of relaxation techniques.

## **Intermediate/Advanced Yoga**

For the experienced yoga participant, this class is designed to enhance circulation, build strength and stamina, increase balance, and improve inner peace and calm.

## **Basic Line Dance**

Classic line dances with basic steps/movements like grapevine, backward and forward steps, slides, and quarter turns.

## **Advanced Line Dance**

For the experienced line dancer, this class adds more complex movements with sudden twist, turns, and potential jumping, at a faster pace.

## **Mobility & Flexibility Stretch**

A chair-based class that uses light exercise equipment, gentle stretching, and balance techniques to improve strength, flexibility, and balance.

## **Body Sculpt**

Designed for the beginner to the advanced student, this fitness class offers basic principles and techniques for achieving maximum muscle tone and overall fitness.

## **Fitness on Demand**

FOD offers hundreds of different virtual classes you can take right in our studio. Certain times are reserved for usage, but the program can be used anytime scheduled classes aren't going on in the studio.