

Group FITNESS



Monday

| | | |
|---------------------|--------------------|------|
| 5:00 AM - 5:45 AM | Spin | (GF) |
| 6:00 AM - 6:45 AM | Boot Camp | (MP) |
| 8:30 AM - 9:30 AM | Body Works | (GF) |
| 9:45 AM - 10:15 AM | Spin | (GF) |
| 10:20 AM - 11:20 AM | Joy of Yoga | (GF) |
| 6:00 PM - 6:20 PM | AB Blast | (MP) |
| 6:00 PM - 7:00 PM | Yoga for Everybody | (GF) |
| 6:30 PM - 7:00 PM | Boot Camp | (MP) |
| 7:15 PM - 8:00 PM | Dance Club Cardio | (GF) |

Tuesday

| | | |
|---------------------|---------------------|------|
| 5:15 AM - 6:00 AM | P90X | (GF) |
| 8:30 AM - 9:00 AM | Spin | (GF) |
| 9:05 AM - 9:35 AM | Yoga Pilates Fusion | (GF) |
| 9:45 AM - 10:15 AM | Fun and Fit | (GF) |
| 10:30 AM - 11:30 AM | Joy of Yoga | (GF) |
| 5:20 PM - 5:50 PM | Spin | (GF) |
| 6:00 PM - 7:00 PM | Zumba | (GF) |

Wednesday

| | | |
|--------------------|--------------------|------|
| 5:00 AM - 5:45 AM | Spin | (GF) |
| 5:15 AM - 6:00 AM | PIYO | (MP) |
| 6:00 AM - 6:45 AM | Boot Camp | (MP) |
| 8:30 AM - 9:30 AM | Body Works | (GF) |
| 9:45 AM - 10:15 AM | Spin | (GF) |
| 6:00 PM - 7:00 PM | Yoga for Everybody | (GF) |
| 6:30 PM - 7:00 PM | Boot Camp | (MP) |
| 7:15 PM - 8:00 PM | Combat Fitness | (GF) |

Thursday

| | | |
|---------------------|---------------------|------|
| 5:15 AM - 6:00 AM | P90X | (GF) |
| 8:30 AM - 9:00 AM | Spin | (GF) |
| 9:05 AM - 9:35 AM | Yoga Pilates Fusion | (GF) |
| 9:45 AM - 10:15 AM | Fun and Fit | (GF) |
| 10:30 AM - 11:30 AM | Joy of Yoga | (GF) |
| 6:00 PM - 7:00 PM | Body Blast | (GF) |
| 7:15 PM - 8:00 PM | Spin | (GF) |

Friday

| | | |
|-------------------|------------|------|
| 5:00 AM - 6:00 AM | Yoga | (MP) |
| 5:15 AM - 6:00 AM | PIYO | (GF) |
| 6:00 AM - 6:45 AM | Boot Camp | (MP) |
| 8:30 AM - 9:00 AM | Spin | (GF) |
| 9:00 AM - 9:30 AM | Yoga Bliss | (GF) |
| 6:30 PM - 7:30 PM | Pure Yoga | (GF) |

Saturday

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|---------------------|------|------|
| 10:15 AM - 11:15 AM | PIYO | (GF) |
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Sunday

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|-------------------|-------------|------|
| 3:00 PM - 4:00 PM | Joy of Yoga | (GF) |
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Location- Multipurpose Room (MP)

Group Fitness Room (GF)

Be sure to follow our Fitness Facebook Page:

[The Burleson Recreation Center \(BRiCK\) - Fitness Fanatics](#)

Class Descriptions

AB Blast: Strong abs help contribute to overall core strength. This class will work on firming up transverse, oblique, and rectus abdominus.

Body Blast: This total body workout, consist of 20 minutes of moderate to intense cardio, followed by about 40 minutes of resistance training concentrating on all the major muscle groups,

Body Works: A fitness class that utilizes fitness forms like Pilates, Cardio, Kickboxing, Core Strength, Aerobics, Step, Dance and Yoga.

Boot Camp: High-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Combat Fitness: Come box it out in this circuit style class. Learn proper technique while you punch, kick and hit your way into fitness. Bring your gloves (not mandatory)

Dance Club Cardio: Dance to all the latest pop and hip hop hits in this cardio dance party. Every class infuses intervals, muscle toning and choreography to keep you feeling confident and sweaty!

Fun and Fit: Senior based class, incorporating chair fitness and some elements of Tai Chi.

Gentle Yoga (ages 16 & Up): For a slow moving, deep breathing, flowing journey of increased flexibility, strength, balance, sense of peace, and overall well-being.

Hatha Yoga: This class is for those that are new to yoga as well as those seeking continued understanding of basic yoga poses.

Joy of Yoga: Breathe, Stretch, And Relax. Let the Joy of Yoga bring calm to your day and balance to your life.

P90x: a Full- body, strength- training format, featuring four unique blocks of work: Cardio X, Lower Strength, upper strength and X core.

PiYo: A unique core workout inspired by yoga and Pilates.

Spin: Spinning classes provide an intense cardio workout while still catering to participants of all fitness levels.

Yoga Bliss: An intro to the practice of yoga. Learn to build flexibility and strength while maintaining focus on good alignment and sound structure.

Yoga Pilates Fusion: A new combination class of yoga and Pilates that will get you in the zen state while burning those necessary calories.

Zumba: An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music