



18417 HWY. 105 W – RIGHT BY CHILLER BEES & WATER TREE  
 (936) 446-9144

## Group Workout Schedule

New Classes in Yellow

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Pain Relief				Seniorcize
10:00 am	Seniorcize	Mat Pilates	Seniorcize	Total Tone	Mat Pilates
11:30 am		Seniorcize		Seniorcize	
NOON			Mat Pilates		Line Dancing
12:45 pm			Super Stretch 30 min		Super Stretch 30 min
1:00 pm	Total Tone	Strength Training		Strength Training	
2:00 pm		Pain Relief		Pain Relief	

**Cardio Plus:** A mixture of jazzercise, line dancing, aerobics and Zumba gold, followed by resistance training, core and stretching.

**Pain Relief:** Focusing on your body and what areas need more attention. This class will use stretching, pressure point release and other techniques to relieve pain and tension.

**Mat Pilates:** Each class will work to balance all muscle groups while working on strength and flexibility. Emphasis on challenging the core muscles with each movement. Classes will blend the classical Pilates Method with exercise variations by using props and light weights.

**Super Stretch:** Stretching can be a relaxing way to energize the body and boost that feel-good serotonin. Plus, stretching may help ease muscle stiffness, increase range of motion, reduce pain and improve your posture. **30 minutes**

**Seniorcize:** Have fun and move to the music through a variety of exercises designed to increase muscular and cardiovascular conditioning, range of movement and activities for daily living. Handheld weights, elastic tubing with handles and an exercise ball are offered for resistance. Most exercises will be done seated in a chair. Standing exercises may be assisted by the chair.

**Total Tone:** A full body workout focusing on strength, flexibility and balance. Class will use weights, bands, balls and your body for a complete toning workout.

**Strength Training:** A mixture of weights and TRX which stands for Total Body Resistance Exercises will build strength, coordination, core and joint stability.