

203 N 34TH ST.  
GATESVILLE, TX  
254-865-4012  
GATESVILLETX.COM

# GATESVILLE FITNESS CENTER

## GROUP EXERCISE SCHEDULE

MON-THUR  
5AM - 10PM  
FRI  
5AM - 9PM  
SAT  
7AM - 6PM  
SUN  
1PM - 6PM

January 5 - May 22

schedule is subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 AM	MADE OF MUSCLE SARA JO	T3 BRANDI		CORE POWER MORGAN	RECOVERY MORGAN
5:30 AM			RISE & RENEW STACEY		
8:15 AM	AQUA FITNESS RENA		AQUA FITNESS RENA		AQUA FITNESS RENA
9:00 AM		KEEP IT MOVIN' LINDA		KEEP IT MOVIN' LINDA	
9:15 AM	BODY REMIX RENA		BODY REMIX RENA		UPLIFT RENA
10:00 AM		ARTHRITIS AQUA LINDA		ARTHRITIS AQUA LINDA	
10:00 AM				BALANCE & FALL PREVENTION MARY	
10:15 AM	HIP, HIP, HOORAY STACEY		GROOVE & MOVE MARY		HIP, HIP, HOORAY STACEY
4:30 PM	BODY BLITZ MORGAN		BODY BLITZ MORGAN		
4:30 PM	SWIM KIDS ELLIE		SWIM KIDS ELLIE		
5:15 PM		AQUA FITNESS MARY		AQUA FITNESS MARY	
5:30 PM	LIFT & BURN COURTNEY		LIFT & BURN COURTNEY		LIFT & BURN COURTNEY
5:30 PM	FIT KIDS ELLIE		FIT KIDS ELLIE		

**Aqua Fitness:** This class held in the pool improves cardiovascular conditioning, muscular strength and endurance using the buoyancy and resistance of the water to give you a safe, effective, & fun workout. It also allows a break from "impact" on the body, so you are getting a great workout without pounding your joints, ligaments and tendons.

**Arthritis Aquatics:** All exercises are designed by a therapist for optimal joint safety for participants. It is a full body workout working every muscle and joint in the body.

**Balance & Fall Prevention:** A Low impact, strength building class. The focus of the class is to build up

strength and balance so members can prevent life altering falls. Max class size is 19 members.

**Body Blitz:** This class with an effective blend of strength, cardio, and core training. Morgan's goal for this class is to increase your metabolism by building lean muscle & improving cardiovascular performance.

**Body Remix:** Get ready for a full body workout focusing on strength, endurance, and balance. Your instructor will use a variety of equipment, training methods, and exercise disciplines to provide you with the best workout for your day!

**Core Power:** Ignite your inner strength with Core Power - a Pilates-inspired workout that fuses mindful movement with powerful core training. This class is designed to sculpt your midsection, improve posture and build long, lean muscle through controlled movements and breathwork. With a focus on core stability, balance, and functional strength. Perfect for people with intent on feeling strong, centered, and empowered.

**Fit Kids:** Let the kids exercise and have fun while you get your workout in! The kids will be playing games, having fun, and not even know they're exercising. Ages 5-13

**Groove & Move:** Chair Fitness- Get ready to dance, laugh, and stay fit — all from the comfort of a chair! This class is a fun, low-impact aerobic dance class designed especially for active older adults.

Set to upbeat music, this seated workout incorporates rhythmic movement, light weights, and simple equipment to improve cardiovascular health, coordination, and strength — all while being gentle on the joints. Whether you're looking to boost your energy or stay socially connected, this class is the perfect way to keep your body moving and your spirit lifted!

**HIP, HIP, HOORAY!** Chair yoga, also known as adaptive yoga, is a gentle form of yoga that's done while sitting or using a chair for balance and makes the practice more accessible. Students perform postures and breathing exercises using the support of a chair. This class is perfect for students recovering from injury or illness, and anyone who wants to experience the many benefits of yoga without having to get up and down from the floor.

**Keep It Movin':** "The more you can move, the longer you will move" A low impact approach to getting and keeping active and fit. A blend of cardio and strength training using weights, resistance bands and other available equipment.

**Lift & Burn:** Get ready to lift heavy and burn bright! This high-energy class combines strength training with bursts of cardio and targeted core work for a full-body workout that builds muscle, boosts endurance, and scorches calories. You'll use a variety of equipment—from dumbbells and resistance bands to bodyweight moves—to challenge every major muscle group. Whether you're just getting started or looking to level up your fitness, Lift & Burn delivers the perfect mix of power, sweat, and core sculpting. Come ready to work, leave feeling unstoppable.

**Made of Muscle:** The more muscle you have the more fat you will burn. This class will be fun! Includes circuit training/stations and finishes with core training/stretching for a complete workout. All-Levels.

**Recovery:** Give your body some love for all that hard work with a lengthy stretching session. Try this class to improve muscle recovery, reduce muscle soreness, and increase flexibility.

**Rise & Renew:** Start your morning with slow, gentle movement and deep breathing. This class helps your body wake up softly and your mind feel calm and clear. We will move at an easy pace through simple yoga poses to stretch and loosen tight muscles. This class is perfect for beginners, early risers, or anyone who wants a peaceful start to their day. We will end with quiet rest so you leave feeling relaxed, refreshed, and ready for the day ahead.

**Swim Kids:** This class is designed with kids in mind! Drop your kids off with a certified lifeguard, to have a great time playing in the water and exercising at the same time! Ages 5-13

**T3:** A high-energy fusion of HIIT, Tabata, and calisthenics designed to torch calories, boost endurance, and build lean muscle. This dynamic full-body workout keeps your body guessing with short bursts of intensity, functional bodyweight movements, and minimal rest. Whether you're a beginner or a seasoned athlete, this class will leave you feeling empowered, energized, and ready to conquer the day. All physical levels

**UpLIFT:** Strength training has never been so fun and engaging. We use iconic music from decades past, and we combine it with routines that target all the muscles groups. Students never get bored because we are using a variety of equipment including hand weights, bands, and a mini ball. This is a highly effective workout that provides students with measurable results.