

203 N 34TH ST.  
GATESVILLE, TX  
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GATESVILLETX.COM

# GATESVILLE FITNESS CENTER

## GROUP EXERCISE SCHEDULE

*June 2 - August 1*

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

*SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE*

UPDATED 5.29.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>POOL CLASSES - FOR MEMBERS ONLY</b>					
8:15 AM	AQUA FITNESS- RENA		AQUA FITNESS- RENA		AQUA FITNESS- RENA
10:00 AM		ARTHRITIS AQUATICS- LINDA		ARTHRITIS AQUATICS- LINDA	
5:00 PM	AQUA FITNESS- PATRICE		AQUA FITNESS- PATRICE		
6:00 PM		AQUA ZUMBA - LAUREN		AQUA ZUMBA - LAUREN	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 AM	MADE OF MUSCLE - SARA JO	TRANSFORM - CHRISTY	TRANSFORM - CHRISTY	RECOVERY- MORGAN	
9:00 AM		KEEP IT MOVIN' - LINDA		KEEP IT MOVIN' - LINDA	
9:15 AM	TOTAL BODY TONING - RENA		TOTAL BODY TONING - RENA		UPLIFT - RENA
10:00A M		BALANCE & FALL PREVENTION	GROOVE & MOVE - MARY	BALANCE & FALL PREVENTION	
10:15 AM	HIP, HIP, HOORAY - STACEY				HIP, HIP, HOORAY - STACEY
4:30 PM	BODY BLITZ- MORGAN		BODY BLITZ - MORGAN		
6:00 PM				SOOTHE & SOUND - STACEY	

*INSTRUCTORS WILL NOTIFY OF CLASS CANCELATIONS DUE TO VACATIONS*

**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.

**Aqua Zumba®:** A fun, low-impact, high-energy water workout that combines the energy of Zumba with the benefits of aquatic exercise. It features Latin-inspired music and dance moves, utilizing the water's resistance for a full-body, challenging workout.

**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.

**Groove & Move: Chair Fitness** - Get ready to dance, laugh, and stay fit — all from the comfort of a chair! Groove & Move: Chair Fitness 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.

**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.

**Soothe & Sound:** A welcoming class for anyone new to yoga or sound baths. I'll guide you through gentle, easy-to-follow yoga moves to release tension, followed by a calming sound bath with soothing tones to quiet the mind. No experience needed—just come as you are and leave feeling relaxed, restored, and ready for a peaceful night. Bring: Yoga mat, water, and anything cozy (blanket, eye pillow, etc.) Come as you are. Leave feeling calm, clear, and renewed.

**Total Body Toning:** 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!

**Transform:** 45min. weight class designed to slow down, using longer rest periods, check your form & challenge major muscle groups using traditional dumbbell & barbell exercises. Will include weight machines. You will tone & sculpt muscles as well as develop muscular endurance.

**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.