



# Brenham Fitness Center

## Group Exercise Schedule 2024

All Classes held at 2106 S. Market St. 979-277-9997

**Schedule subject to changes without notice**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
P90X Live! @ 5:00am Heather		P90X Live! @ 5:00am Heather		P90X Live! @ 5:00am Heather	
Zumba @ 8:30am Katie K	Yoga @ 8:00am Angelica	Dancefit/Zumba @ 8:30am Katie K/Laura		Zumba @ 8:30am Katie K	Kick & Sculpt @ 8:30am Laura W.
	Beginner Yoga @ 9:00am Angelica	<b>COMING SOON</b> Barre @9:30am w/ Katie K	Hatha Yoga @9:00am Laura Y.		
Senior Fit @ 10:30am Bea	Senior Fit @ 10:30am Bea	Senior Fit @ 10:30am Bea		Senior Fit @ 10:30am Bea	Zumba @ 9:30am Katie K
<b>+30min Latin Dance</b> @ 11:30am Bea		<b>+30min Latin Dance</b> @ 11:30am Bea	PiYo @12:00pm Angelica	<b>+30min Latin Dance</b> @ 11:30am Bea	Yoga @10:30am Renee
Group Power @12:00pm Jay	Abs & Stretching @12:00pm Bea	Functional Training @12:00pm Jay			
Group Power @5:00pm Jay	Functional Training @5:00pm Jay	Kick & Sculpt @ 5:15pm Laura W.	Functional Training @5:00pm Jay		
Spinning @6:00pm Bea	Dance Fit @ 6:00pm Ashley	PiYo @6:00pm Angelica	Dance Fit @ 6:00pm Ashley		

## **Barre**

Barre is a form of physical exercise, usually conducted in group classes in gyms or specialty studios. It is distinguished from other group fitness activities by its use of the ballet barre and its incorporation of movements derived from ballet.

## **Beginner Yoga**

New to yoga, or want to build basic technique? This class is for you! Designed to build confidence, strength and balance. Fundamentals of basic yoga poses, breathing techniques, and mediation are introduced and explored. No prior experience needed.

## **Dance Fit**

Dance Fitness is a whole body workout that's actually fun! It's an aerobic workout, divided into different tracks of hip-hop or top 40's music, that provide peaks and troughs of intensity. As you move your body while dancing, you strengthen your heart, tone your muscles, improve your balance and coordination, and burn fat. No prior dance experience needed.

## **P90X Live!**

A total body, cardio and strength training class that uses body weight and dumbbells to build a strong, fit body and confident mind. It's a results-driven program, that utilizes the latest techniques to target balance, core strength, athletic ability and functional movement in everyday life.

## **Kick & Sculpt**

Join this class for high intensity, cardio kick boxing and weight training all in one. Instructors bring the power punch by coaching participants through basic boxing moves. Varying intervals of intensity challenge the body to peak and recover building overall endurance and strength. The body resistance followed by abdominal muscle toning and stretching.

## **Group Power**

This is a one-hour, strength training workout designed to get your muscles strong and toned. This class combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weighted plates, body weight, and step ups.

## **Functional Training**

I like to move it, move it! All levels. Sweat session incorporating body weight and dumbbells. This class will build your endurance while maintaining muscle. All levels are welcomed to turn up the music and heart rate. Let's get our bodies lean and our core strong.

## **PiYo**

This class is a fusion of Pilates and Yoga which builds muscle strength, balance and endurance. Pilates offers a variety of calisthenic exercises using the body's own resistance and option to add weights; combined with basic yoga techniques to allow for stretching, muscle release and relaxation. Bring your own exercise mat or use one of ours!

## **Yoga**

Yoga combines the mind, body, and spirit. Let our Hatha based yoga instructors lead you in intermediate level, challenging poses. Poses are held longer than in beginner class to develop increase strength, balance, and flexibility. Breathing exercises and mediation are included in each class. Bring your own mat or use one of ours.

## **Hatha Yoga**

General style of yoga that builds core strength, increases cardiovascular fitness and decreases stress. This style starts with seated meditation and gentle warm ups, then continues with sequence of poses, and ends with 5-10 minutes of relaxation in corpse pose.

## **Zumba**

Is international dance combining Latin rhythms fused with high energy pop that creates a calorie-burning, inspirational hour of sweat and fun! Shake, pump and shimmy on the dance floor. No prior dance experience necessary! Caution this class has been known to be habit forming.

## **Senior Fit**

This is a class specifically designed for seniors! Focused towards increasing muscle strength, range of movement, and improve activities for daily living through heart-healthy aerobics and low-impact movements.

**Hard CORE (30 min. bootcamp)** class mixes traditional calisthenic and body weight exercises with interval training and strength training. All fitness levels welcome!

**SHINE** is a mood-lifting experience that brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet, and hip hop, this workout gives you a creative outlet to escape from daily stress. Each class includes high cardio and toning to ensure you receive a full-body workout with real results.