



# Brenham Fitness Center

## Group Exercise Schedule 2021

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	
	Yoga @ 8:00am Angelica		Quick Spin Plus @ 8:15am Jana		
Refit @ 8:30am Pamela	<b>Hard CORE bootcamp @ 8:30am w/ Ryann (Fitness Floor)</b>	Zumba @ 8:30am w/ Laura Y.	<b>Hard CORE bootcamp @ 8:30am w/ Ryann (Fitness Floor)</b>	Zumba @ 8:30am Katie	Kick & Sculpt @ 8:30am Laura W.
Sexy Spin @ 9:40am Veronica	Beginner Yoga @ 9:15am Angelica	Sexy Spin @9:40am Veronica	Beginner Yoga @ 9:15am Rebeca		
					Zumba @ 9:30am Katie
Senior Fit @ 10:45am Bea		Senior Fit @ 10:45am Bea		Senior Fit @ 10:30am Bea	Yoga @10:30am Rebeca
	PiYo @ 12:00pm Angelica		PiYo @ 12:00pm Angelica		
		Kick & Sculpt @ 5:15pm Laura W.			
Zumba @ 6:00pm Ryann	Dance Fit @ 6:00pm Ashley	Zumba @ 6:00pm Ryann	Dance Fit @ 6:00pm Ashley	Sexy Spin @6:00pm Veronica <b>NO CHILD CARE</b>	

## **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.

## **Piloxing**

A fun fusion of Pilates, kickboxing, and dancing designed to burn fat, tone and define all your muscles, strengthen your heart and core, and improve your balance and flexibility. Become the sleek, sexy, powerful person you were meant to be! All fitness levels and abilities welcome.

## **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.

## **Body Pump**

This class is a complete body workout; firm and tone your body, arms and legs as you train with free weights. See your body develop definition as you progress to higher levels; lunging, squatting and abs are also combined into this (1 hour) session. Great for all levels and all ages!

## **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!

## **Quick Spin**

This class builds on fundamentals of stationary bike class set-up and workout. This 30 minute class is an excellent class for new bikers or a quick cardio boost and fat burn. All levels welcome. Arrive 10minutes early for bike set-up.

## **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.

## **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.

## **REFIT**

Like Zumba, REFIT is a dance fitness class with high energy pop that creates a calorie-burning inspirational hour of sweat and fun! REFIT combines powerful movements with positive music that will change your body.

## **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)**

Hard CORE is our new 30 minute bootcamp class being held on the fitness floor by one of our personal trainers. This class is specifically designed to burn fat and push you a little bit farther than you would probably push yourself. This full body workout mixes traditional calisthenic and body weight exercises with interval training and strength training. All fitness levels welcome!