

CLUB GROUP FITNESS SCHEDULE

CLASS SCHEDULE IS SUBJECT TO CHANGE, PLEASE CHECK MINDBODY APP FOR LATEST SCHEDULE

MONDAY

| | |
|----------------|------------------|
| 6:00-7:00 AM | MASTERS SWIM |
| 6:15-7:00 AM | FLOW YOGA |
| 8:30-9:30 AM | BOOTCAMP |
| 10:00-10:50 AM | VERTICAL PILATES |
| 11:00-11:50 AM | ROLL AND RELEASE |
| 11:00-12:00 PM | GENTLE YOGA |

TUESDAY

| | |
|----------------|-------------|
| 6:00-6:50 AM | TRIFECTA |
| 8:00-8:50 AM | POWER YOGA |
| 9:00-10:00 AM | AQUA FIT |
| 9:00-9:50 AM | MAT PILATES |
| 10:00-10:50 AM | ZUMBA® |
| 11:00-12:00 PM | SLOW FLOW |

WEDNESDAY

| | |
|----------------|---------------------|
| 6:00-7:00 AM | MASTERS SWIM |
| 6:15-7:00 AM | FLOW YOGA |
| 8:00-9:15 AM | FLOAT AND FLEX |
| 8:30-9:30 AM | TRAIN FOR LIFE |
| 10:00-10:50 AM | POWER PILATES |
| 11:00-12:00 PM | HATHA YOGA |
| 11:00-11:30 AM | ROLL STRETCH & MOVE |

THURSDAY

| | |
|----------------|----------------|
| 6:00-6:50 AM | PURSUIT |
| 8:00-8:50 AM | POWER YOGA |
| 9:00-10:00 AM | AQUA FIT |
| 9:00-9:50 AM | PILATES FUSION |
| 10:00-10:50 AM | ZUMBA® |
| 11:00-12:00 PM | SLOW FLOW |

FRIDAY

| | |
|----------------|------------------|
| 6:00-7:00 AM | MASTERS SWIM |
| 6:15-7:00 AM | YOGALATES |
| 8:30-9:30 AM | AMPED |
| 10:00-10:50 AM | VERTICLE PILATES |
| 11:00-12:00 PM | GENTLE YOGA |
| 11:00-11:50 AM | ROLL AND RELEASE |

SATURDAY

| | |
|----------------|-----------------|
| 9:00-9:50 AM | PILATES CIRCUIT |
| 9:00-10:00 AM | AQUA POWER |
| 10:00-11:15 AM | YOGA FOR LIFE |

SUNDAY

NO CLASSES MEET ON SUNDAY

Members must register for classes through MindBody on bartoncreekmembers.com or the MindBody app.

For questions about group fitness classes, please call 512-329-4008.

- Classes and instructors are subject to change without advanced notice.
- Classes are offered on a first come, first served basis.
- Entrance is not permitted after start time.
- As a courtesy to other classmates, please silence your cell phone and quietly exit the studio if you would like to make a call or text.

Thank you for your cooperation.

FITNESS CLASS DESCRIPTIONS

AMPED

Students looking for intensity will find it here. A variety of H.I.I.T exercises are incorporated to challenge, shock and surprise the body to excel.

AQUA FIT

For swimmers and non-swimmers alike, this class uses state of the art water fitness equipment to challenge and strengthen all muscle groups. With motivational music, you'll reap the benefits of a traditional fitness class without stress on the joints, and have fun doing it! (No above the chest water)

AQUA POWER

Aqua POWER! incorporates classic water aerobic routines infused with interval training, plyometrics, and kickboxing. The pace of this higher intensity class challenges the whole body while retaining the benefit of reduced impact on joints. This class is appropriate for regular exercisers in good condition with prior aqua aerobics experience.

BOOT CAMP

A full body workout combining cardiovascular interval training with strength conditioning exercises, this class is specifically designed to challenge students both aerobically and anaerobically.

FLOAT AND FLEX

Float and Flex is an aquatic program designed for total body stretching. The class utilizes both static and dynamic stretching techniques to reach all muscle groups of the body. The class proceeds at a tranquil pace with no percussive moves that jar joints. Some yoga and breathing techniques are incorporated for balance and relaxation.

CARDIO BARRE

Pair the sculpting power of small, focused repetitions with the calorie burn of bigger movements and bursts of cardio. Tone throughout your entire body as well as improve your muscular endurance as you work on the ballet barre, incorporate light handheld weights as well as a ring and ball.

GENTLE YOGA

This Hatha based class moves at a slower pace to ensure proper form and breathing patterns. Props will be used to make all postures accessible.

HATHA YOGA

Hatha yoga uses body postures, breathing techniques and meditation to increase strength and flexibility in the body, steadiness in the mind and a calm nervous system.

MASTERS SWIM

Whether you're a weekend warrior or a seasoned athlete, swimming is one of the most beneficial conditioning and training modalities out there! Known for its cardiovascular benefits minus joint impact, this class teaches stroke technique while incorporating drills to improve stamina and strength. Beneficial whether you're training for your tri or just looking to increase your fitness levels! Please bring your own swim cap and goggles.

MAT PILATES

Increase your flexibility as you flow through a series of dynamic movements that restore balance to core muscles of the lower back and abdominals. In this class of focus and self-awareness, small balls, bands and rings may be used.

PILATES CIRCUIT

Students are challenged to use the alignment and technique of Pilates while moving quickly between exercises in a circuit style.

PILATES FUSION

Pilates based workout focusing on core strength, flexibility and total body conditioning fused with cardio and body sculpting exercises, designed to make you sweat.

POWER PILATES

Use all the core muscles in this fast-paced purely mat class. Build a lean and long physique while improving your posture and flattening your abdomen.

PURSUIT

Extreme cross training at its best! This non-stop circuit challenge will incorporate rowers for an intense interval burst and functional strength and conditioning exercises designed to target and chisel the legs, arms and core.

ROLL, STRETCH AND MOVE

This class is for anyone looking to feel and move better. You'll work to improve your posture and functional movements, leaving you feeling taller and lighter.

ROLL AND RELEASE

Foam rolling and dynamic stretches are incorporated into this class to help students increase mobility and flexibility and reduce pain and stiffness.

SLOW FLOW

This yoga class allows the student to move mindfully while gaining strength and flexibility. Each movement is based on alignment and deepened through the breath. The student will gain a greater understanding of the body and breath connection. All levels welcome, modifications offered throughout.

TRAIN FOR LIFE

This functional fitness class focuses on developing proper movement patterns and stability to awaken under utilized muscles.

TRIFECTA

Combining strength, cardio and resistance training, Trifecta is the perfect all around workout offering maximum results in minimum time. You'll perform 3 mini workouts with 3 moves in 3 minutes, 3 times.

VERTICAL PILATES

This fast-paced mat-based workout is designed to help participants develop leaner muscles, establish core strength and heighten mind-body awareness.

YOGA FOR LIFE

Students will learn how to apply the energetic principles of yoga through increased awareness to find greater balance and ease in everyday living.

ZUMBA®

Take the "work" out of your workout as you let the Latin and world rhythms take over. Zumba® mixes low-intensity and high intensity moves for an interval-style, calorie burning dance fitness party for everybody.