

SPRING FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	Strength 📹		Strength 📹		Strength 📹	
8:00 AM	Yoga Silver Strength 📹	Silver Strength	Yoga Silver Strength 📹	Silver Strength	Yoga Silver Strength 📹	
8:30 AM	Silver Strength Silver Strength	Qigong	Silver Strength Silver Strength		Silver Strength Silver Strength	
9:00 AM		Yoga 📹 Zumba		Yoga 📹 Zumba	Yoga 📹	
9:15 AM	Zumba 📹		Zumba 📹			
9:30 AM	Chair Exercise Chair Exercise Pilates	Strength Tai Chi	Chair Exercise Chair Exercise Pilates	Strength Yoga	Chair Exercise Chair Exercise Pilates Tai Chi	Zumba
9:45 AM		Yoga				
10:00 AM	Chair Exercise		Chair Exercise			
10:15 AM						Yoga 📹
10:30 AM			Yoga		The Beacon 817.575.8340 1100 Mansfield Webb Road 76002	
11:00 AM			Qigong			
12:00 PM		Tai Chi		Tai Chi	The East 817.275.1351 1817 New York Avenue 76010	
1:00 PM	Line Dance Silver Strength				Cliff Nelson 817.561.2819 4600 W. Bardin Road 76017	
6:00 PM	Strength 📹 Rock Climbing	Yoga Boot Camp	Strength 📹 Boot Camp	Yoga Boot Camp	Dottie Lynn 817.277.5001 3200 Norwood Lane 76013	
6:30 PM	Zumba 📹	Boot Camp 📹	Zumba 📹	Boot Camp 📹	Elzie Odom 817.459.6434 1601 NE Green Oaks Blvd. 76006	
7:00 PM				Zumba		

CLASS DESCRIPTION

BOOT CAMP 📹

Work at your own pace with a mix of strength training & bodyweight cardio.

CHAIR EXERCISE

Focus on stretching and improving your strength, balance, & muscle tone.

LINE DANCE

Have fun working out with dynamic line dances for beginners.

PILATES

Improve flexibility, muscle control, & tone through core muscle groups.

QIGONG

Optimize energy within the body, mind, & spirit while improving health.

ROCK CLIMBING

Get a full body workout with rock climbing.

SILVER STRENGTH 📹

A safe & engaging resistance training class catered to our bodies as we age.

STRENGTH 📹

The perfect class to build muscle and increase tone.

TAI CHI

A series of gentle physical exercises and stretches for meditation in motion.

YOGA 📹

A relaxing opportunity to improve mobility & strength.

ZUMBA 📹

Fun, latin music-driven workout that will improve heart health, mobility, and muscular toning.

ACONDICIONAMIENTO FÍSICO

HORARIO DE PRIMAVERA



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:15 AM	Strength 📹		Strength 📹		Strength 📹	
8:00 AM	Yoga Silver Strength 📹	Silver Strength	Yoga Silver Strength 📹	Silver Strength	Yoga Silver Strength 📹	
8:30 AM	Silver Strength Silver Strength	Qigong	Silver Strength Silver Strength		Silver Strength Silver Strength	
9:00 AM		Yoga 📹 Zumba		Yoga 📹 Zumba	Yoga 📹	
9:15 AM	Zumba 📹		Zumba 📹			
9:30 AM	Chair Exercise Chair Exercise Pilates	Strength Tai Chi	Chair Exercise Chair Exercise Pilates	Strength Yoga	Chair Exercise Chair Exercise Pilates Tai Chi	Zumba
9:45 AM		Yoga				
10:00 AM	Chair Exercise		Chair Exercise			
10:15 AM						Yoga 📹
10:30 AM			Yoga		Centro The Beacon 817.575.8340 1100 Mansfield Webb Road 76002	
11:00 AM			Qigong			
12:00 PM		Tai Chi		Tai Chi	Centro The East 817.275.1351 1817 New York Avenue 76010	
1:00 PM	Line Dance Silver Strength				Centro Cliff Nelson 817.561.2819 4600 W. Bardin Road 76017	
6:00 PM	Strength 📹 Rock Climbing	Yoga Boot Camp	Strength 📹 Boot Camp	Yoga Boot Camp	Centro Dottie Lynn 817.277.5001 3200 Norwood Lane 76013	
6:30 PM	Zumba 📹	Boot Camp 📹	Zumba 📹	Boot Camp 📹	Centro Elzie Odom 817.459.6434 1601 NE Green Oaks Blvd. 76006	
7:00 PM				Zumba		

DESCRIPCIÓN DE CLASES

BOOT CAMP 📹

Ejercitese a su propio ritmo con una combinación de entrenamiento de fuerza y peso cardio corporal.

CHAIR EXERCISE

Enfóquese en estirarse y mejorar su fuerza, balance y tono muscular.

LINE DANCE

Diviértase mientras se ejercita bailando en línea, para principiantes.

PILATES

Mejora la flexibilidad, control muscular y tonificación a través del grupo de músculos centrales.

QIGONG

Optimize la energía dentro del cuerpo, mente y espíritu a la vez que mejora la salud.

ROCK CLIMBING

Entrene su cuerpo completo escalando en roca.

SILVER STRENGTH 📹

Una clase de entrenamiento de resistencia segura e interesante, especial para nuestros cuerpos a medida que envejecemos.

STRENGTH 📹

La clase perfecta para desarrollar y tonificar los músculos.

TAI CHI

Una serie de ejercicios físicos suaves y estiramientos para la meditación en movimiento.

YOGA 📹

Una oportunidad relajante para mejorar la movilidad y la fuerza.

ZUMBA 📹

Entrenamiento divertido con música latina que mejorará la salud del corazón, la movilidad y la tonificación muscular.