



FITNESS SCHEDULE

Updated Schedule - Effective September 1



817-575-3400



naturallyfun.org



2061 W. Green Oaks Blvd.

ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO	6:15AM Strength	6:45AM Morning Yoga	6:15AM Strength	6:45AM Morning Yoga	6:15AM Strength	9:30AM Step
	8:00AM Silver Strength	8:00AM Pilates	8:00AM Silver Strength	8:00AM Pilates	8:00AM Silver Strength	11:00AM Pilates
	10:00AM Functional Strength	9:30AM Dance Exercise	10:00AM Functional Strength	9:15AM Yoga Fusion	9:00AM Friday Fire	12:30PM Stretch & Mobility
	11:00AM Functional Strength	10:30AM Yoga Fusion	11:00AM Functional Strength	10:30AM Yoga Fusion	10:00AM Functional Strength	
	12:30PM Pilates	12:00PM Tai Chi	4:45PM Yoga	12:00PM Qi Gong		
	4:45PM Yoga	6:30PM Power Hour	6:00PM Strength	6:30PM Power Hour		
	6:00PM Strength		7:00PM Latin Fusion			
	7:00PM Latin Fusion					
ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELM	8:30AM Chair Exercise	8:15AM Chair Yoga	8:30AM Chair Exercise	8:15AM Chair Yoga	8:30AM Chair Exercise	
	10:00AM Steady & Strong	10:00AM Mindful Meditation	11:30AM Chair Exercise	9:30AM Chair Fusion	11:30AM Chair Exercise	
	11:30AM Chair Exercise	12:00PM Steady & Strong	1:00PM Chair Yoga	12:00PM Steady & Strong	1:00PM Chair Yoga	
	1:00PM Chair Yoga	1:30PM Cardio Dance				
ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GYM	8:30AM Line Dance	10:00AM Walk With Ease	1:00PM Beginner Country Line Dance	10:00AM Walk With Ease	8:30AM Line Dance	
	9:45AM Line Dance				9:45AM Line Dance	
	11:00AM Line Dance				11:00AM Line Dance	

FITNESS CLASS DESCRIPTIONS

Classes begin promptly at the scheduled time. Please arrive 5-10 minutes early to secure your spot and get settled.

STUDIO

DANCE EXERCISE	FUNCTIONAL STRENGTH	LATIN FUSION	MORNING YOGA	FRIDAY FIRE	PILATES
A fun, music-driven workout that gets your heart pumping and your body moving!	Designed to improve everyday movements, this class focuses on strength, mobility, and balance using functional exercises.	A high-energy dance workout that blends cardio, toning, and fun choreography to upbeat music.	Start your day with some energizing yoga that wakes up the body, improves flexibility, and sets a positive tone for the day.	Friday Fire delivers a high-intensity, circuit-style workout designed to challenge your strength, endurance, and grit.	Strengthen your core, improve posture, and increase flexibility through low-impact movements that focus on alignment and control.

STUDIO

POWER HOUR	QI GONG	STEP	STRENGTH	STRETCH & MOBILITY	TAI CHI
A high-energy class combining strength, cardio, and agility drills for a full-body workout.	A meditative practice combining breathwork, gentle stretching, and flowing motions to improve energy, relaxation, and inner balance.	Boost your cardio with fun, rhythmic step routines that build coordination, endurance, and heart health.	Using resistance bands, free weights, and bodyweight exercises, you'll improve muscle tone, balance, and core stability.	Improves flexibility, increases joint range of motion, and enhances muscle elasticity through slow, intentional movements and longer-held stretches.	Find balance and relaxation through gentle, flowing movements that promote flexibility, coordination, and mindfulness.

STUDIO

GYMNASIUM

YOGA FUSION	SILVER STRENGTH	YOGA	LINE DANCE	WALK WITH EASE	BEGINNER COUNTRY LINE DANCE
A blend of yoga, Pilates, and functional movement, helping enhance strength, flexibility, and balance while incorporating mindful breathing.	This class focuses on controlled movements using weights and resistance tools to improve overall body strength.	Find your balance, build strength, and deepen your flexibility in this gentle yet energizing mat-based class that's perfect for all levels.	No partner needed—just bring your energy and get ready to step, turn, and shuffle to the beat.	A walking program developed by the Arthritis Foundation, that helps improve mobility, reduce pain, and increase overall physical activity.	Kick up your heels and learn the basics of country line dancing in this fun, beginner-friendly class!

ELM A1

CARDIO DANCE W/ CHAIRS	CHAIR EXERCISE	CHAIR YOGA	MINDFUL MEDITATION	STEADY & STRONG	CHAIR FUSION
Enjoy a fun and rhythmic cardio workout with the added support of a chair!	This class incorporates seated and standing exercises to improve strength, flexibility, and mobility in a supportive environment.	This gentle class focuses on breathwork, stretching, and relaxation techniques to promote flexibility and reduce stress.	A calming class that blends breathwork and stillness to enhance awareness, presence, and inner clarity.	Through seated and standing exercises, participants will build better posture, coordination, and balance.	A gentle yet effective blend of yoga and Pilates performed entirely from a chair. Improve flexibility, build core strength, and enhance posture