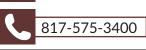


FITNESS SCHEDULE Updated Schedule - Effective December 1, 2025

2061 W. Green Oaks Blvd., 76013





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	9:15AM Pilates	8:00AM Silver Strength	11:30AM Pilates
	10:00AM Functional Strength	9:30AM Dance Exercise	10:00AM Functional Strength	10:30AM Stretch & Mobility	9:00AM Friday Fire	12:45PM Stretch & Mobility
	11:15AM Functional Strength	10:30AM Yoga Fusion	11:15AM Functional Strength	12:00PM Qi Gong	10:00AM Functional Strength	
	12:30PM Pilates	12:00PM Tai Chi	12:45PM Stretch & Mobility	6:30PM Power Hour	12:00PM Tai Chi	
	1:45PM Stretch & Mobility	6:30PM Power Hour	4:45PM Yoga			
	4:45PM Yoga		6:00PM Strength			
	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 Disco Dance	

FITNESS O	LASS DESC	RIPTIONS	STUDIO				
FITNESS CLASS DESCRIPTIONS Classes begin promptly at the scheduled time.			DANCE EXERCISE	FUNCTIONAL STRENGTH	LATIN FUSION	MORNING YOGA	
	ARLING PARKS, RECREATION		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. *Intermediate Class	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.	
			STUDIO				
FRIDAY FIRE	PILATES	POWER HOUR	QI GONG	STEP	STRENGTH	STRETCH & MOBILITY	
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.	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. *Advanced Class	Improves flexibility, increases joint range of motion, and enhances muscle elasticity through slow, intentional movements and longer-held stretches.	
	STUDIO		ELM				
TAI CHI	YOGA FUSION	SILVER STRENGTH	YOGA	CARDIO DANCE W/ CHAIRS	CHAIR EXERCISE	CHAIR YOGA	
Find balance and relaxation through gentle, flowing movements that promote flexibility, coordination, and mindfulness.	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. Beginner Class	Find your balance, build strength, and deepen your flexibility in this gentle yet energizing mat-based class that's perfect for all levels.	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.	
	ELM		GYMNASIUM				
MINDFUL MEDITATION	STEADY & STRONG	CHAIR FUSION	LINE DANCE	WALK WITH EASE	BEGINNER COUNTRY LINE DANCE	DISCO DANCE	
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	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!	Get moving with fun, easy dance routines set to your favorite disco hits. A lively workout that boosts coordination, balance, and energy.	