



FITNESS SCHEDULE

Updated Schedule - Effective December 1, 2025



2061 W. Green Oaks Blvd., 76013



817-575-3400



NaturallyFun.org

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 CLASS DESCRIPTIONS

Classes begin promptly at the scheduled time.

Please arrive 5 - 10 minutes early to secure your spot & get settled.



ARLINGTON
PARKS, RECREATION & CULTURE

STUDIO

DANCE EXERCISE

A fun, music-driven workout that gets your heart pumping and your body moving!

FUNCTIONAL STRENGTH

Designed to improve everyday movements, this class focuses on strength, mobility, and balance using functional exercises.
**Intermediate Class*

LATIN FUSION

A high-energy dance workout that blends cardio, toning, and fun choreography to upbeat music.

MORNING YOGA

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

Friday Fire delivers a high-intensity, circuit-style workout designed to challenge your strength, endurance, and grit.

PILATES

Strengthen your core, improve posture, and increase flexibility through low-impact movements that focus on alignment and control.

POWER HOUR

A high-energy class combining strength, cardio, and agility drills for a full-body workout.

QI GONG

A meditative practice combining breathwork, gentle stretching, and flowing motions to improve energy, relaxation, and inner balance.

STEP

Boost your cardio with fun, rhythmic step routines that build coordination, endurance, and heart health.

STRENGTH

Using resistance bands, free weights, and bodyweight exercises, you'll improve muscle tone, balance, and core stability.
**Advanced Class*

STRETCH & MOBILITY

Improves flexibility, increases joint range of motion, and enhances muscle elasticity through slow, intentional movements and longer-held stretches.

STUDIO

ELM

TAI CHI

Find balance and relaxation through gentle, flowing movements that promote flexibility, coordination, and mindfulness.

YOGA FUSION

A blend of yoga, Pilates, and functional movement, helping enhance strength, flexibility, and balance while incorporating mindful breathing.

SILVER STRENGTH

This class focuses on controlled movements using weights and resistance tools to improve overall body strength.
Beginner Class

YOGA

Find your balance, build strength, and deepen your flexibility in this gentle yet energizing mat-based class that's perfect for all levels.

CARDIO DANCE W/ CHAIRS

Enjoy a fun and rhythmic cardio workout with the added support of a chair!

CHAIR EXERCISE

This class incorporates seated and standing exercises to improve strength, flexibility, and mobility in a supportive environment.

CHAIR YOGA

This gentle class focuses on breathwork, stretching, and relaxation techniques to promote flexibility and reduce stress.

ELM

GYMNASIUM

MINDFUL MEDITATION

A calming class that blends breathwork and stillness to enhance awareness, presence, and inner clarity.

STEADY & STRONG

Through seated and standing exercises, participants will build better posture, coordination, and balance.

CHAIR FUSION

A gentle yet effective blend of yoga and Pilates performed entirely from a chair. Improve flexibility, build core strength, and enhance posture.

LINE DANCE

No partner needed- just bring your energy and get ready to step, turn, and shuffle to the beat.

WALK WITH EASE

A walking program developed by the Arthritis Foundation, that helps improve mobility, reduce pain, and increase overall physical activity.

BEGINNER COUNTRY LINE DANCE

Kick up your heels and learn the basics of country line dancing in this fun, beginner-friendly class!

DISCO DANCE

Get moving with fun, easy dance routines set to your favorite disco hits. A lively workout that boosts coordination, balance, and energy.