

CITYWIDE FITNESS SCHEDULE (UPDATED: APRIL 2026)



CLASS DESCRIPTIONS

BEACON RECREATION CENTER

1100 Mansfield Webb Road, 76002 | 817-575-8340

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM: Strength 8:00 AM: Silver Strength 9:15 AM: Zumba 6:30 PM: Strength 6:30 PM: Zumba	9:00 AM: Yoga 10:30 AM: Silver Strength 6:30 PM: Zumba	6:15 AM: Strength 8:00 AM: Silver Strength 9:15 AM: Zumba 6:30 PM: Strength 6:30 PM: Zumba	9:00 AM: Yoga 6:30 PM: SHiNE 6:30 PM: Boot Camp	6:15 AM: Strength 8:00 AM: Silver Strength	10:15 AM: Yoga

Silver Strength, Zumba, Yoga, and SHiNE classes offer virtual and in-person options. Weights recommended when joining from home.

CLIFF NELSON RECREATION CENTER

4600 West Bardin Road, 76017 | 817-561-2819

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM: Silver Strength 9:30 AM: Chair Yoga 10:45 AM: Pilates 5:30 PM: Power Yoga	8:30 AM: QiGong 9:00 AM: Line Dance 9:30 AM: Strength 6:00 PM: Yoga	8:30 AM: Silver Strength 9:30 AM: Chair Yoga	9:00 AM: Line Dance 9:30 AM: Strength 10:45 AM: Pilates 6:00 PM: Yoga	8:30 AM: Silver Strength 9:30 AM: Chair Yoga

DOTTIE LYNN RECREATION CENTER

3200 Norwood Lane, 76013 | 817-277-5001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM: Yoga 9:15 AM: Pilates 10:30 AM: Chair Exercise 1:00 PM: Line Dance	8:00 AM: Silver Strength 9:45 AM: Yoga 12:00 PM: Tai Chi	8:00 AM: Yoga 9:15 AM: Pilates 10:30 AM: Chair Exercise 11:00 AM: QiGong	8:00 AM: Silver Strength 9:15 AM: Yoga 12:00 PM: Tai Chi	8:00 AM: Yoga 9:15 AM: Pilates

EAST LIBRARY & RECREATION CENTER

1817 New York Avenue, 76010 | 817-275-1351

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM: Silver Strength 9:30 AM: Chair Exercise 6:30 PM: Zumba (streamed)	9:00 AM: Zumba	8:30 AM: Silver Strength 9:30 AM: Chair Exercise 10:30 AM: Yoga 6:30 PM: Zumba (streamed)	9:00 AM: Zumba	8:30 AM: Silver Strength 9:30 AM: Chair Exercise 10:30 AM: Zumba

Evening Zumba class is live-streamed from Beacon Recreation Center.

ELZIE ODOM ATHLETIC CENTER

1601 Northeast Green Oaks Boulevard, 76006 | 817-459-6434

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 PM: Boot Camp	9:30 AM: Tai Chi 6:00 PM: Strength	6:00 PM: Rock Climbing	6:00 PM: Zumba	9:30 AM: Tai Chi	9:30 AM: Zumba

Boot Camp: Work at your own pace with a mix of strength training & body weight cardio.

Chair Exercise: Focus on stretching & improving your strength, balance, & muscle tone.

Chair Yoga: Improve balance, flexibility, & strength with gentle yoga poses while seated.

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.

SHiNE: Combine jazz, ballet, & hip-hop with exercises in a HIIT format for a full body workout.

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

Strength: The perfect class to build muscle & increase tone.

Tai Chi: A series of gentle, physical exercises & stretches for meditation in motion.

Yoga: A relaxing opportunity to improve mobility & strength.

Zumba: Fun, Latin music-driven workout that improves heart health, mobility, & toning.