Group Exercise Summer Session #1
May 16 - June 26

FREE CLASSES & 20% GX Pass Discount: May 16th - May 20th

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat/Sun</th>
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<tbody>
<tr>
<td>6:15am</td>
<td>Cycle Melis, 75 min, Studio 2</td>
<td>Boot Camp Sedona, 50 min, Studio 1</td>
<td>Cycle Melis, 75 min, Studio 2</td>
<td>Boot Camp Chris, 50 min, Studio 1</td>
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<tr>
<td>11:30am</td>
<td>Circuit FX Sue, 35 min, Studio 1</td>
<td>TRX Express Jeanette, 35 min, Studio 1</td>
<td>P90x® Whitney, 35 min, Studio 1</td>
<td>Zumba Toning® Mallory, 35 min, Studio 1</td>
<td>Circuit FX Patty, 35 min, Studio 1</td>
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<tr>
<td>12:10pm</td>
<td>Power Core Whitney, 50 min, Studio 1</td>
<td>Power Sculpt Whitney, 50 min, Studio 1</td>
<td>Barre Sculpt Emily, 50 min, Studio 1</td>
<td>TRX Strength Whitney, 50 min, Studio 1</td>
<td>OULA Power Blaise, 50 min, Studio 1</td>
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<td></td>
<td>Yoga Cynthia, 50 min, Studio 3</td>
<td>Pilates Jeannette, 50 min, Studio 3</td>
<td>Yoga Ashley, 50 min, Studio 3</td>
<td>Yoga Sophie, 50 min, Studio 3</td>
<td>Yoga Sophie, 50 min, Studio 3</td>
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<td></td>
<td>12:10pm Cycle Alison, 50 min, Studio 2</td>
<td>Cycle Alison, 50 min, Studio 2</td>
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<tr>
<td>4:30pm</td>
<td>Zumba® Mallory, 50 min, Studio 1</td>
<td>Power Core Blaise, 50 min, Studio 1</td>
<td>Zumba® Blend Mallory, 35 min, Studio 1</td>
<td>Zumba® Blend Mallory, 35 min, Studio 1</td>
<td>Zumba® Blend Mallory, 35 min, Studio 1</td>
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<td>4:45pm</td>
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<td>5:30pm</td>
<td>P90x® Toby, 35 min, Studio 1</td>
<td>Next Level Dallas, 35 min, Studio 1</td>
<td>Insanity® Jess, 35 min, Studio 1</td>
<td>Weight to Dance Dallas, 50 min, Studio 1</td>
<td>Cardio Dance Dallas, 50 min, Studio 1</td>
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<td>5:30pm</td>
<td>Propel Dallas, 50 min, Track</td>
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<tr>
<td>6:00pm</td>
<td>Propel Dallas, 50 min, Track</td>
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**Strength, Core and Cardio Conditioning**

- **Boot Camp:** Interval training, pushups, plyometrics, lunges, planks, running, liners, and more. Every workout will be different.
- **Circuit-FX:** Functional strength training, cardio and core conditioning in circuit-style format.
- **Cycle:** Drills including hills, sprints, cardio challenges and outdoor simulations guaranteed to get the heart pumping!
- **Hydro Run:** Run without impact! Not to be underestimated, gain an intense cardio workout with less stress on joints.
- **Next Level:** Metabolic-boosting workout packed into 50 minutes of non-stop, multi-muscle movements designed to maximize athletic performance from the core out! *Please notify instructor if a beginner.
- **P90x®:** Total body workout that will keep muscles guessing—and changing! Strength training, cardio, and core work.
- **Power Core:** Yoga and Pilates strength moves, core conditioning, and restorative stretching in one low-impact workout.
- **Power Sculpt:** Tone and sculpt your body using bodyweight and strength equipment for muscular and cardio conditioning.
- **Propel:** Next Level UP! This program is designed to prepare and to condition your inner athlete.
- **TRX:** Suspension strength training to burn every muscle!

**Choreographed Fitness**

- **OULA Power!**: OULA-Power! features moves from HIIT formats, pilates, yoga and dance conditioning classes, and is equally challenging and rewarding. The music is carefully selected to inspire you to be bigger, better, faster, stronger!
- **Weight to Dance**: Cardio Dance paired with weight training for fun strength and cardio fusion.
- **Zumba®**: Easy to follow dance steps, body sculpting movements, & pulsating Latin & International music.
- **Zumba® Blend**: Traditional Zumba® with the optional addition of Zumba Toning® and Zumba Step® songs.
- **Zumba® Toning**: Traditional Zumba® with the addition of weighted sticks for muscle toning.

**Yoga and Pilates**

- **Barre Sculpt**: Fun, fresh, low-impact class designed to tone and sculpt your body. Inspired by dance, pilates and yoga.
- **Pilates**: Low-impact, total body-conditioning to improve muscle control, strength and flexibility.
- **Yoga**: Unite body and mind in movement and relaxation. Poses to increase flexibility, strength, endurance, poise, and balance.