



# WINTER 2017 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am Zumba		5:30-6:15am Zumba				
8:00-9:00am 50/50 Cycle Core	8:00-9:00am Total Training	8:00-9:00am Flexy	8:00-9:00am Total Training	8:00-9:00am 50/50 Cycle Barre		
			9:30-10:30am Silver Sneakers		9:00-10:00am THRC Mania	
9:30-10:30am 10:30-11:30am Silver Sneakers	9:30-10:30am Silver Sneakers	9:30-10:30am Silver Sneakers	12:00-12:30pm Cycle Express	9:30-10:30am Silver Sneakers	9:00-10:00am Cardio Barre	
10:00-11:00am Yoga	12:00-12:30pm Cycle Express	12:00-12:30pm HIIT Express	5:00-5:30pm Shred Express	10:00-11:00am Yoga	10:00- 11:00am Zumba	
12:00-12:30pm HIIT Express	5:00-5:30pm Shred Express		5:30-6:30pm Cycle			2:00-3:00pm Yoga
	5:30-6:30pm Cycle		5:30-6:30pm Zumba			
5:30-6:30pm Power Pump	5:30-6:30pm Zumba	5:30-6:30pm Power Pump	6:30-7:30pm Yoga			
6:30-7:30pm Zumba		6:30-7:30pm Zumba	7:30-8:30pm Hip Hop Fit			

**MYTHRC.COM | 512.353.0789 | 109 McCarty Ln**



# WINTER 2017 GROUP FITNESS CLASS DESCRIPTIONS

## BARRE\*\*

This class has a strong focus on strengthening and toning the body using a ballet bar for stability. In Barre class, the postures are inspired by ballet. This class is unique as it uses high-intensity non-impact movements to create compact, powerful muscles. This class may also include equipment such as balls, mats, small hand weights and resistance bands.

## CYCLING\*\*

Enjoy a workout that improves cardio and stamina while burning calories. Go through a variety of terrains, intensities, and movements to take your fitness to the next level!\*\*

## POWER PUMP

Train your body for a lifetime of strength and stability using a variety of techniques and equipment. This highly efficient, full body workout is just what you need to define and strengthen your muscles.

## THRC MANIA

Come join the THRC Mania! Start your weekend out right with this High-Intensity Circuit Training class that will leave you BREATHELESS in only an hour!

## SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscular strength and a range of movement and activities for daily living. Hand-held weights, elastic tubing and a ball are offered for resistance. A chair is used for seated and/or standing support.\*\*\*

## HIP HOP FIT

Let's get LIT at Hip Hop FIT! This is a high intensity class that incorporates the latest style of street dancing, popping, locking, and dropping. Come step outside the box and bring your own style and personality to the movements!

## THRC SHRED

This high-intensity class alternates sets of strength training with rounds of speed drills. This class uses a variety of equipment such as dumbbells, steps, bands and bosu balls and is designed to give you a transformative, total body workout in just an hour!

## YOGA

This is the class that focuses on mind, body, and soul. Yoga works on flexibility, core strength, balance, and mental clarity. Come work through countless poses to enhance your fitness journey more!

## FLEXY

Stretching can be fun! This is not your average flexibility class. FLEXY is a movement based class designed to improve flexibility but places an emphasis on lengthening the muscle and strengthening the core—all done to groovin' music. Flexy will bring out your SEXY!

## HIIT\*\*

High-Intensity Interval Training – Push past comfortable for a workout that will leave you breathless. This class will cover 45-minutes of high-intensity cardio drills and strength exercises – the fastest way to see results.\*\*

## TOTAL TRAINING

Looking for a workout that has it all? This 60-minute workout will take you through heart-pounding cycles, muscle toning, strength training, and flexibility movements. Get the total package with total training.

## ZUMBA\*\*

Ditch the workout, join the party! Get out of your exercise rut with exercises like salsa, merengue, rumba and other fun dance moves.\*\*

\*Check-in at our Front Desk \*\*Also Available in Express \*\*\*Silver Sneakers – classes specially designed for people over 55.