



# FOLSOM FITNESS CENTER

Group Exercise Class Schedule  
Effective October 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00-11:00am <b>Functionally Fit</b>		10:00-11:00am <b>Functionally Fit</b>	
11:00-11:45am <b>Chair Yoga</b>				
12:00-12:30pm <b>Yoga for Energy</b>		12:00-12:30pm <b>Full Body Fit</b>	12:00-12:30pm <b>Yoga for Restoration*</b>	12:00-12:30pm <b>Full Body Fit</b>
5:15-5:30pm <b>Core Blast</b>		5:15-5:30pm <b>Core Blast</b>		
5:30-6:00pm <b>Buns &amp; Guns</b>	5:40-6:40pm <b>Zumba®</b>	5:30-6:00pm <b>Buns &amp; Guns</b>	5:40-6:40pm <b>Zumba®</b>	
6:00-6:30pm <b>Cardio Mashup</b>	6:45-7:45pm <b>Beginner Power Yoga</b>	6:00-6:30pm <b>Cardio Mashup</b>	6:45-7:45pm <b>Mindful Movement Yoga</b>	

\*Except first Thursday of each month

**Guest passes are available!  
Classes are included with membership.**

Please be sure to swipe your card before the start of each class. Closed-toe shoes are required with the exception of Yoga. All fitness levels are welcome to all classes.

## Folsom Fitness Center

262 West Greenbriar, Dallas, TX 75203  
214-947-1890 | Fax: 214-947-1895  
folsomfitness@mhd.com



# Available Group Classes

## CLASS DESCRIPTIONS

**Buns & Guns** - Mix up your routine! This is a strength training and intervals class using kettlebells, body bars, dumbbells, resistance bands and/or body weight.

**Core Blast!** - Much more to the core than “the six pack!” 15 minutes of abdominal and lower back action.

**Cardio Mashup** - This is an aerobic focused class. It is not the same every time. Examples are a beginner/intermediate step class, cardio funk/kickbox, Tabata training, intervals (such as football runs, burpees, boxing.) High intensity, low intensity, high impact and low impact.

**Full Body Fit** - 30 minutes of full body conditioning including the use of body weight and various equipment.

**Functionally Fit** - Maintaining and gaining strength for daily activities is an important part of life! This class will help you do just that through the use of body weight, light hand weights and resistance exercises for your upper and lower body.

**Zumba®** - Involves dance and aerobic elements. Zumba’s choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo and some Bollywood moves. So fun that you forget it is exercise!

**Yoga for Energy** - Start your week off strong! Move through this quick but effective series of postures and breath work designed to invigorate and energize you at the start of your week. All levels welcome!

**Yoga for Restoration** - Lunch break! Find a sense of ease and calm by giving your mind a break and reconnecting your body. We will practice a gentle mindful movement sequence followed by stretches and relaxation. All levels welcome!

**Beginner Power Yoga** - This beginner level power yoga sequence will help you build strength, increase flexibility and find focus. This class is set to music and moderately paced so you will learn the fundamental yoga postures. This class is ideal for anyone new to yoga and interested in its benefits. Levels and modifications will be offered.

**Mindful Movement Yoga** - Yoga Practice basic postures in this gentle yoga class that will help relieve stress and put you in a positive frame of mind. Active class yet more focused on flexibility and balance. All levels welcome!

**Chair Yoga** - All mobility levels welcome; this class provides instruction on how you can benefit from yoga while seated. Truly, the most important lessons of yoga are naturally accessible to all, including focus on alignment, breath work, and release of stress and tension through mindfulness based practices.



### Folsom Fitness Center

262 West Greenbriar, Dallas, TX 75203  
214-947-1890 | Fax: 214-947-1895  
folsomfitness@mhd.com