

# April 2019

# Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>9:30a</b> Sculpt-n-Tone <i>Jenn</i>	<b>2</b>	<b>3</b> <b>6a</b> Sculpt-n-Tone <i>Tenneil</i> <b>9:30a</b> Yoga <i>Janet</i> <b>12p</b> Cycle Barre <i>Tenneil</i>	<b>4</b>	<b>5</b> CLOSED	<b>6</b> CLOSED
<b>8</b> CLOSED	<b>9</b>	<b>10</b> <b>6a</b> Sculpt-n-Tone <i>Tenneil</i> <b>9:30a</b> Yoga <i>Janet</i> <b>12p</b> Cycle Barre <i>Karen</i>	<b>11</b>	<b>12</b>	<b>13</b>
<b>15</b> <b>9:30a</b> Sculpt-n-Tone <i>Jenn</i>	<b>16</b>	<b>17</b> <b>6a</b> Sculpt-n-Tone <i>Tenneil</i> <b>9:30a</b> Yoga <i>Janet</i> <b>12p</b> Cycle Barre <i>Karen</i>	<b>18</b>	<b>19</b> CLOSED	<b>20</b> CLOSED
<b>22</b> <b>9:30a</b> Sculpt-n-Tone <i>Jenn</i>	<b>23</b>	<b>24</b> <b>6a</b> Sculpt-n-Tone <i>Tenneil</i> <b>9:30a</b> Yoga <i>Janet</i> <b>12p</b> Cycle Barre <i>Karen</i>	<b>25</b>	<b>26</b>	<b>27</b>
<b>29</b> <b>9:30a</b> Sculpt-n-Tone <i>Jenn</i>	<b>30</b>				

# Group Exercise Class Descriptions

**Cycle Barre** – 60 minutes- Start off with 30 minutes of Spin and end with 30 minutes of Barre!  
Great for the heart and strengthening the core.

**Modified Stations**– 50 minutes- This class will include stations alternating between strength and cardio. Each station will be modified for each class participant. Great total body workout!  
different tools and exercises.

**Yoga** – 50 minutes – A system of exercises practiced as part of the discipline to promote control of body and mind. This class emphasizes posture, flexibility, breathing methods and relaxation.

## **Hours of Operation**

Monday – Friday                    5:30am – 7:00pm

Saturday                            8:00am – 12:00pm

(Hours subject to change during Holidays and Major Events and are to be determined by  
The Speedway Club Management)

## **Health Club/Spa Contacts**

Health Club & Spa Manager	Kristal Fanning	817-215-8469
Front Desk & Spa Appointments	Jamie	817-215-8460
Trainers Desk & Group Exercise	Tenneil Davis	817-215-8471

Personal Training Sessions and Private Fitness Classes are available at an extra charge.  
Contact Kristal Fanning for more information.

Personal Training –  
1 Session = \$65  
6 Sessions = \$360  
12 Sessions = \$660  
24 Sessions = \$1080

Private Fitness Class  
\$50 per class