

September 2019

Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 SWC CLOSED LABOR DAY	3 <u>9:30a</u> Sculpt-n-Tone <i>Tenneil</i>	4 <u>6a</u> Sculpt-n-Tone <i>Tenneil</i> <u>9:30a</u> Yoga <i>Janet</i>	5	6	7
9 <u>5p</u> Cycle <u>5:30p</u> Barre <u>6p</u> Yoga Karen	10 <u>9:30a</u> Sculpt-n-Tone <i>Tenneil</i>	11 <u>6a</u> Sculpt-n-Tone <i>Tenneil</i> <u>9:30a</u> Yoga <i>Janet</i>	12	13 <u>6a</u> Yoga Tenneil	14
16 <u>5p</u> Cycle <u>5:30p</u> Barre <u>6p</u> Yoga Karen	17 <u>9:30a</u> Sculpt-n-Tone <i>Tenneil</i>	18 <u>6a</u> Sculpt-n-Tone <i>Tenneil</i> <u>9:30a</u> Yoga <i>Janet</i>	19	20	21 <u>8:15a</u> Cycle Karen
23 <u>5p</u> Cycle <u>5:30p</u> Barre <u>6p</u> Yoga Karen	24 <u>9:30a</u> Sculpt-n-Tone <i>Amanda</i>	25 <u>6a</u> Sculpt-n-Tone <i>Tenneil</i> <u>9:30a</u> Yoga <i>Janet</i>	26	27 <u>9:30a</u> Yoga Tenneil	28
30 <u>5p</u> Cycle <u>5:30p</u> Barre <u>6p</u> Yoga Karen					

Group Exercise Class Descriptions

Cycle 30 minutes - This is a great workout if you want to burn calories and increase endurance.

Barre 30 Minutes – This empowering and energizing workout has proven to create long, lean powerful muscles. Classes include hand weight, yoga straps, therapeutic exercise balls and resistance band to enhance your workout.

Sculpt-n-Tone50 minutes- This class will sculpt your body from top to bottom using many different tools and exercises.

Yoga 50/30 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 Appointment Kristy Kinderdick 817-215-8460

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