

STUDIO SCHEDULE

3989 North Shore Drive, Bryan, TX 77807
(979)731-6131

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Strength & Toning 8:00 am – 9:00 am		Strength & Toning 8:00 am – 9:00 am		Sweat-n-Tread 8:00 am – 8:45 am	
8:30 AM						
9:00 AM		Balance 9 am – 9:45 am		Chair Yoga 9 am - 10 am		
9:30 AM						
10:00 AM						
10:30 AM	Classic 10:30 am – 11:30 am		Classic 10:30 am – 11:30 am		Core & Floor 10:30 am – 11:15 am	
11:00 AM						
11:30 AM	Yoga 11:45 am – 12:30 pm		Yoga 11:45 am – 12:30 pm	Tai Chi 11 am - 12 pm		
12:00 PM						
12:30 PM						
1:00 PM						CLOSED
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM		Core & Floor 2:15 pm – 3:00 pm		Sweat-n-Tread 2:15 pm – 3:00 pm		
6:30 PM						
6:30 PM					CLOSED	

Effective August 1, 2019

Grey areas are open studio times for anyone's use!

Studio Class Descriptions:

- **Balance** – will be led by one of our WellFIT Instructors. It is a group fitness class focusing on balance exercises along with some weight training. This class will help improve balance, muscular strength, endurance and joint range of movement.
- **Chair Yoga** – will be led by a Certified Yoga Instructors. It is a group fitness class focusing on poses and postures to improve breathing, flexibility, balance, muscular strength and endurance, and joint range of movement.
- **Classic** – A SilverSneakers class that is taught by a Certified SilverSneakers instructor. It is a group fitness class focusing on standing or seated muscular strength and range of movement exercises. This class improves agility, balance, coordination, functional capacity, overall physical fitness and a participant's sense of well-being.
- **Strength and Toning** – will be led by one of our WellFIT Instructors. It is a group fitness class focusing on muscular strength and muscular endurance. This class will help improve agility, balance, coordination, overall physical capacity and a sense of well-being.
- **Tai Chi** – will be led by a Certified Tai Chi Instructor. This is an exercise class that utilizes breathing, visualizations and movements to work the entire body all at once. Tai Chi is used to generate health, longevity and internal strength and power.
- **Core and Floor** – will be led by one of our WellFIT Instructors. Get ready to strengthen your core (abs, back, chest, and hips), increase your flexibility and range of motion and improve your balance. This class uses mats on the floor.
- **Sweat-n-Tread** – will be led by one of our WellFIT Instructors. This high-energy 45 minute, non-stop, low impact cardio workout challenges the beginner and elite athlete. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout
- **Yoga** – Yoga builds a strong body, mind and spirit. This class incorporates yoga postures, breathing exercises, strength and flexibility. Yoga props are offered to safely perform exercises while standing or on the floor. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.