

GROUP FITNESS SCHEDULE

# February 2019



817-767-4578  
fitness@vaqueroclub.com

S	M	T	W	T	F	S
27	28	29	30	31	1	2
					6:00 am – Spin 9:00 am – Pilates	9:00 am – Spin 10:00 am – Yoga
3	4	5	6	7	8	9
		9:00 am – Yoga 10:00 am - Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin 9:00 am – Pilates	9:00 am – Yoga 10:00 am - Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin 9:00 am – Pilates	9:00 am – Spin 10:00 am – Yoga
10	11	12	13	14	15	16
		9:00 am – Yoga 10:00 am - Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin 9:00 am – Pilates	9:00 am – Yoga 10:00 am - Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin 9:00 am – Pilates	9:00 am – Spin 10:00 am – Yoga
17	18	19	20	21	22	23
		9:00 am – Yoga 10:00 am - Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin 9:00 am – Pilates	9:00 am – Yoga 10:00 am - Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin 9:00 am – Pilates	9:00 am – Spin 10:00 am – Yoga
24	25	26	27	28	1	2
		9:00 am – Yoga 10:00 am - Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin 9:00 am – Pilates	9:00 am – Yoga 10:00 am - Spin 6:00 pm – Men's Golf Yoga		

## Class Descriptions

**Yoga** - Improve balance, flexibility and endurance by connecting movement the breath in a 60-minute flow yoga class set to music.

**Men's Golf Conditioning Yoga** - For men who don't want to try Yoga in front of the fantastic flexible ladies. Improve balance, stability, muscle endurance, core strength, ROM and maximize your golf game in a 60-minute slower paced yoga class.

**Pilates** - Tone and strengthen your powerhouse muscles in a 60-minute mat-based Pilates class.

**Spin** - Boost your cardio fitness level in a 45-minute spin class set to high energy music. Pre-registration required.

**Rates:** Annual Unlimited Classes - \$1000 | Monthly Unlimited Classes - \$100 | Drop-In Classes - \$15